OTTAWA metro®

Weekend, September 17-19, 2010
www.metronews.ca

Share this copy with a friend

Everything you need to feel good, including rewards.

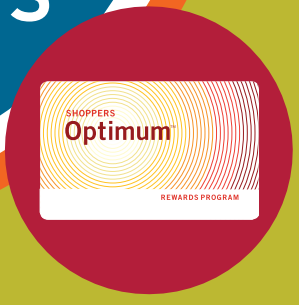
Be well Get well

RECEIVE†

10x

THE SHOPPERS OPTIMUM POINTS®

Until October 8



Cold & flu season is upon us.
Your Shoppers Drug Mart Pharmacist is here to answer all your questions.

Ask us about our wide range of personal health services and which ones are best for you.

SHOPPERS DRUG MART®

†Points are issued according to the purchase of eligible products. Calculation excludes Shoppers Optimum Bonus Points® and Shoppers Optimum® MasterCard® points. Not to be used in conjunction with any other Shoppers Drug Mart promotion or offer. Some conditions apply. Offer valid Saturday, September 11 to Friday, October 8, 2010. See store for details. See cashier for details. ® 911979 Alberta Ltd.

Everything you need to feel good, including rewards.

Be well Get well

RECEIVE** **10x** **THE SHOPPERS OPTIMUM POINTS® Until October 8**

Cold & flu season is upon us. Your Shoppers Drug Mart Pharmacist is here to answer all your questions.

Ask us about our wide range of personal health services and which ones are best for you.

ADVIL
JUNIOR STRENGTH TABLETS (20's), INFANT DROPS (24mL) or LIQUID (100mL) Selected Types
7.99 each

ADVIL
EXTRA STRENGTH CAPLETS (32's), LIQUI-GELS (24's) or REGULAR STRENGTH LIQUID-GELS (32's)
8.99 each

ROBITUSSIN
COUGH GELS (20's) or LIQUID (100mL - 115 mL) Selected Types
6.99 each

ROBAX PLATINUM
MUSCLE RELAXANT CAPLETS 18's
9.99 each

BUCKLEY'S
COLD PRODUCTS Selected Types & Sizes
8.99 each

OTRIVIN
NASAL SPRAY Selected Types & Sizes
7.99 each

SECARIS
NASAL GEL or **RHINARIS** NASAL CARE PRODUCTS Selected Types & Sizes

LIFE BRAND
COLD ASSIST CAPSULES 60's
22.49 each

NYQUIL or **DAYQUIL**
LIQUID (295mL) or CAPSULES (20's - 24's) Selected Types
9.99 each

ROCKHOPPERS
SORE THROAT LOLLIPOPS 8's Selected Types
2.99 each

LIFE BRAND
HAND SANITIZER 260mL Selected Types
3.99 each

BENYLIN
LIQUID (250mL), **TYLENOL** CHILDREN'S COLD PRODUCTS Selected Types & Sizes
7.99 each

SHOPPERS DRUG MART

Prices in effect from Saturday, September 18th to Friday, September 24th, 2010. While quantities last. We reserve the right to limit quantities. **Points are issued according to the purchase of eligible products. Calculation excludes Shoppers Optimum Bonus Points® and Shoppers Optimum® MasterCard® points. Not to be used in conjunction with any other Shoppers Drug Mart promotion or offer. Some conditions apply. Offer valid Saturday, September 11 to Friday, October 8, 2010. See store for details.

Be well Get well

Cold & flu season is upon us.

Your Shoppers Drug Mart Pharmacist is here to answer all your questions.

Ask us about our wide range of personal health services and which ones are best for you.

PLUS Pick up your copy of the Be well Get well booklet today for more helpful health tips and information on staying well this season.

Your guide to health & wellness during cold & flu season.
Discover helpful advice and tips on how to stay well during cold and flu season including everything from prevention tips and managing symptoms to speeding up recovery.
PLUS – Take advantage of valuable Shoppers Optimum® coupons inside.
Be well Get well

Includes coupons for 1000's of Bonus Points.

Not sure if that medication is still good?

We can help.

1 CHECK FOR OLD, EXPIRED MEDICATIONS AT HOME

LOT 937A
EXPIRED
DE09

2 BAG THEM

3 BRING THEM INTO THE PHARMACY

Receive **valuable coupons** to help you get re-stocked and rewarded†.

Why do over 9 million Canadians carry the Shoppers Optimum Card?

Because earning points is QUICK, EASY and CONVENIENT and it all adds up to FREE STUFF for YOU††.

You can spend your points on
ANYTHING YOU WANT, ANYTIME YOU WANT to get FREE STUFF INSTANTLY!

LEARN MORE OR TO SIGN UP TODAY, VISIT shoppersdrugmart.ca/optimum

SHOPPERS DRUG MART

†Points are issued upon redemption of applicable coupons specific to the purchase of certain eligible over-the-counter products using a valid Shoppers Optimum Card®. This offer does not apply to prescription purchases or pharmacy services. Not to be used in conjunction with any other Shoppers Drug Mart promotion or offer. Some conditions apply. Coupons expire December 31, 2010 or while coupon supplies last. Shoppers Drug Mart reserves the right to cancel, suspend, amend or withdraw this offer for any reason. See cashier for details. ® 911979 Alberta Ltd. ††Shoppers Optimum Points are awarded based on net (purchase price less discounts) pre-tax purchases. Shoppers Optimum Points are not awarded and may not be redeemed on cigarettes and tobacco (where sold), gifts with purchase, bus tickets, passes, pre-paid phone cards, electronic gift cards, lottery tickets, lifeEXPERIENCE packages, products purchased in the post office, delivery charges (where applicable), bottle deposits/returns (where accepted), bill payments (where accepted) or charitable donations. The collection of points for prescription purchases may vary by province and is governed by provincial governments, provincial regulatory authorities and third party insurance plans. Discount applies to the full purchase price (excluding taxes). Shoppers Optimum Points cannot be redeemed on prescription drugs and products that contain codeine.

BRADLEY ESTATES
MER BLEUE ORLEANS

Bradley Estates North

Grand Opening Event

Saturday, September 25, 2010
From 12:00 pm to 4:00 pm

Valecraft
Homes Ltd.

5 Designer Models to View!

Join Valecraft Homes as we celebrate the Grand Opening of our Bradley Estates North community on Saturday September 25, 2010 between 12:00 pm and 4:00 pm. Stop by and enjoy a free B.B.Q., free face painting, inflatable rides for the entire family and, of course, five elegantly decorated Designer Model Homes from Valecraft Homes.

Valecraft Homes is featuring 3 Executive Townhomes Model Homes; The Terrassa, The Lausanne and The Genoa, and 2 Single Family Model Homes; The Orford II and The Sussex.

Single Family
Starting from 1,570 sq. ft.

Executive Townhomes
Starting from 1,675 sq. ft.

Prizes to be WON!

BRADLEY ESTATES
MER BLEUE ORLEANS

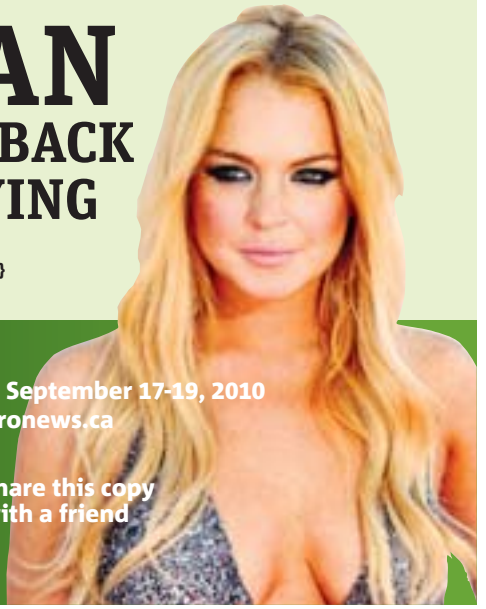
217 Ziegler Street, Off Renaud Rd.
613-830-6955

Visit our website at www.valecraft.com

BELL BATTLES NIGHTMARES
YOU AGAIN BRINGS BAD MEMORIES {page 17}

EAT LIKE THE STARS
FRESH, WHOLESOME FOODS THE KEY {page 36}

LOHAN
ACTRESS BACK TO PARTYING WAYS? {page 35}



OTTAWA metro®
Weekend, September 17-19, 2010
www.metronews.ca

Share this copy with a friend

Music. Mariachi

▶ Guadalajara-based band Mariachi Vive Mexico performs at the World Exchange Plaza Thursday.

TRACEY TONG/METRO OTTAWA

Celebrating Mexico's bicentennial

The Mexican Embassy is celebrating the bicentennial of the beginning of the independence of Mexico and the centennial of the revolution with a series of events this week. Mariachi Vive Mexico will be performing at the Rideau Carleton Entertainment Centre Friday evening and there will be a celebration at Lansdowne Park Saturday.

Employment key: Baird

Tory minister says economy's on agenda for the fall {page 3}

Another Oprah redemption tale

Talk-show star and author put the past behind them {page 32}

Seeking a greener council

Only 37% of those polled believe the city is becoming a more sustainable and livable region 78% want the city to have a more aggressive energy-efficiency program

TIM WIECLAWSKI
@METRONEWS.CA

Most Ottawa residents believe that development is trumping environmental issues at city hall, and people want more energy-efficient buildings, according to a new a poll on green election issues.

The poll, which is being released Friday by Ecology Ottawa and the EnviroCentre, surveyed 300 people during the last five days of August.

The results show strong support (69 per cent) for lower building permit fees, for greener buildings and higher fees for those that fall below industry standards.

It also found that most residents (63 per cent) want the annual dividend from Hydro Ottawa to be invested in energy-efficiency programs.

However, only 36 per cent of people supported investing in more money in public transit and cycling and less on roads for private vehicles.

TIM WIECLAWSKI/METRO OTTAWA

▶ Ecology Ottawa steering committee member Stefan Reinecke, left, and EnviroCentre general manager Dana Silk.

"The timing of the poll is no coincidence. We are clearly trying to let people running for council know that if they are going to represent people in Ottawa, this is what they should be doing ... It's a pretty strong message to the people running for mayor also."
DANA SILK, ENVIROCENTRE GENERAL MANAGER

WELCOME TO THE NEW BRADLEY ESTATES...

... WHERE TWO-STOREY AND BUNGALOW SINGLE FAMILY HOMES MEET SOPHISTICATED EXECUTIVE TOWNHOMES FOR THE FIRST TIME IN BRADLEY ESTATES!

VISIT OUR NEW SALES CENTRE AT 217 ZIEGLER STREET
613-830-6955

Valecraft Homes Ltd.
WWW.VALECRAFT.COM
Prices, terms and specifications are subject to change without notice. E & O.E.

1 news

Debate heats up on infrastructure

Two mayoral frontrunners in the upcoming municipal election continued to slug it out at a debate at Lansdowne Park Thursday.

While incumbent Larry O'Brien and his opponent, Jim Watson, share a stance on the LRT plan, that's where the two part.

The city of Ottawa has a downtown congestion problem, said O'Brien "Bridges and roads are key.

"Going forward, I want to invest in the maintenance of roads and infrastructure," he said. "I intend on getting the ring road back into the long-term plan of the city."

O'Brien said he intends to detail out exactly what the requirements of a ring road would be during the next term of council.

"The future's going to be different, but cars will never cease to be something individuals in a city this large need," he said.

While O'Brien talked about a ring road, Watson said his focus was public transit.

"I'm not going to play to the audience," he said. "I'm going to be up front with you and tell you my priority is transit, because it's for the public good.

"I think people have to hear the straight goods from politicians."

TRACEY TONG

TRACEY TONG/METRO OTTAWA

▶ Mayoral candidates Jim Watson, left, and Larry O'Brien exchanged barbs during a debate Thursday. While Watson said O'Brien's promises sound "like a Christmas wish list," O'Brien said he thinks long term, while Watson does not.

Jobs are key issue after return: Baird

Snipes at so-called 'Toronto elite' when discussing bill to kill long-gun registry

The economy and jobs will be the big issues when Parliament returns on Monday, says government House leader John Baird.

However, the immediate focus will be on the controversial long-gun registry and a looming vote on a bill to scrap it. That could come as soon as Wednesday.

"The economy remains the No. 1 priority for our government," Baird told reporters Thursday.

He said the Conservative government is ready to work with the opposition parties on measures to strengthen the economic recovery.

Baird, named House leader over the summer, says he's met his counterparts in the other parties and hopes they can all cooperate on the economy.

"We want to make Parliament work," he said.

"The economic recovery remains fragile."
GOVERNMENT HOUSE LEADER JOHN BAIRD

The government's economic action plan has blunted the worst of the recession, he says, but the country isn't out of the woods yet and much remains to be done.

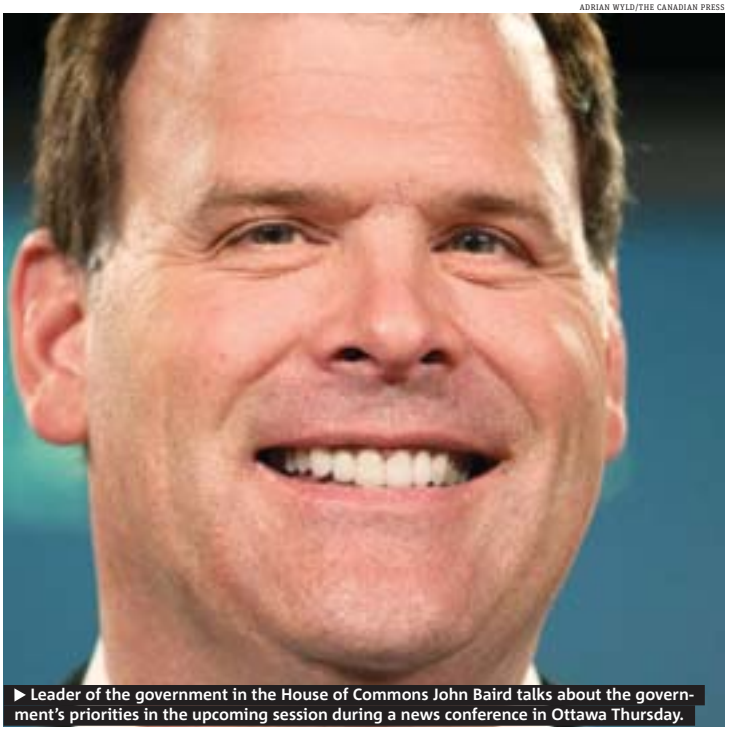
NDP Leader Jack Layton, in outlining his vision for the fall sitting, said his party wants to see measures that will create jobs, shore up pensions and improve Employment Insurance.

Baird discouraged talk of a fall election, saying no one wants one.

It's time for steady and stable leadership, he said.

THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS



▶ Leader of the government in the House of Commons John Baird talks about the government's priorities in the upcoming session during a news conference in Ottawa Thursday.

News on the move

1 Download the free ScanLife application with your smartphone at 2dscan.com

2 Use the ScanLife application on your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to relevant content at **m.metronews.ca**

On the web at metronews.ca

U.S. dad tours scene of son's fatal hunting accident in Newfoundland. Video at metronews.ca/canada

Follow us on Twitter @metroottawa

Ottawa
Car Free Day Events
Group Bike Ride
Wednesday, September 22,
Start - Remic Rapids Parking Lot – 7:30 am
Reception: City Hall, 8 am
www.envirocentre.ca
Vélo-City Global 2010
Public Presentation @ City Hall
Wednesday, September 22, 7:00pm
car free day
journée sans ma voiture
TRAVELwise sageVIRAGE
Try commuting without polluting!
Événements libres de jour de voiture
Randonnée à vélo
le mercredi, 22 septembre, 7h30
Début – Stationnement « Remic Rapids » - 7h30
Réception – Hotel de Ville 8h00
www.envirocentre.ca
Vélo-City Global 2010
Présentations publiques à l'hôtel de ville
le mercredi, 22 septembre, 19h00
Essai permutant sans pollution !

ROGERS™ authorized dealer

BROCKVILLE
1000 Islands Mall
(613) 345-3161

COOKSTOWN
Cookstown Outlet Mall
(705) 458-2380

CORNWALL
Cornwall Square
(613) 936-2083

GLOUCESTER
Gloucester City Centre
1980 Ogilvie Rd., Unit 136

HUNTSVILLE
4A King William St.
(705) 789-9546

KANATA
Hazeldean Mall
(613) 271-1153
Kanata Centrum Shopping Centre
(613) 599-9690

KINGSTON
Cataraqui Town Centre
(613) 634-9897
Kingston Centre
(613) 546-6043
122 Princess St., Unit 1
(613) 549-0315

LINDSAY
Lindsay Square
(705) 878-0144

NEPEAN
Merivale Market
(613) 224-9222
Chapman Mills Marketplace
(613) 832-9844

ORLEANS
2020 Lanthier Dr., Unit E2
(613) 590-0289

PEMBROKE
Pembroke Mall
(613) 732-1602

TIMMINS
Timmins Square
(705) 267-3400
950 Riverside Dr.
(705) 267-4663

ROGERS plus

BARRHAVEN
3161 Strandherd Dr., Unit 300
(613) 823-4558

GLOUCESTER
1615 Orleans Blvd., Unit 3
(613) 830-6820
2016 Ogilvie Rd., Unit 6
(613) 746-4545
6505 Jeanne D'arc Blvd., Unit 14A
(613) 824-9989

KANATA
300 Earl Grey Dr., Unit 1
(613) 591-8281
700 Eagleson Rd.
(613) 592-5098

NEPEAN
3777 Strandherd Rd., Unit 14
(613) 823-6909
1651 Merivale Rd.
(613) 224-3827
Bayshore Shopping Centre
(613) 726-7665

ORLEANS
1675 10th Line Rd.
(613) 841-8485

OTTAWA
1261 Main St., Unit 12
(613) 836-0976
2515 Bank St., Unit 5
(613) 739-4775
11 Selkirk St.
(613) 745-6800
1867 Carling Ave.
(613) 729-0435
359-363 Bank St.
(613) 594-4555
3320 McCarthy Rd.
(613) 523-2474
1493 Richmond Rd.
(613) 829-2137
1379-A Woodroffe Ave.
(613) 225-6007
2121 Carling Ave., Unit 87
(613) 798-1946
1200 St. Laurent Blvd., Unit 248
(613) 746-8546
50 Rideau St., Unit 327C
(613) 232-4800
110 Place D'Orleans Blvd., Unit 290
(613) 590-2237
2269 Riverside Dr., Unit 44
(613) 737-2071
690 Bank St.
(613) 216-5461

ADD A LINE FOR

$25/month/member
plus Government Regulatory Recovery Fee± with 3-yr. term

UNLIMITED CANADA-WIDE FAMILY CALLING[1]
UNLIMITED EXTREME TEXTING[2]
UNLIMITED PICTURE & VIDEO MESSAGING[2]
UNLIMITED TALK EVENINGS & WEEKENDS[3]
UNLIMITED SOCIAL NETWORKING[4]

$0 SMARTPHONE
WITH EVERY LINE ADDED

EXCLUSIVELY FROM ROGERS™

VISIT **ROGERS.COM/FAMILY** FOR MORE INFORMATION.

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · booth · WIRELESS etc... · COSTCO WHOLESALE · FUTURE SHOP · BEST BUY

Offer effective August 3, 2010 and is subject to change without notice. Early cancellation fees apply. **±The Government Regulatory Recovery Fee ranges from $2.46 to $3.46/line/month (varies by province and plan selected).** It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change. See rogers.com/regulatoryfee for details.** A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. 1. Between plan members. 2. Compatible device required. Includes unlimited Extreme Text/picture/video messages sent from Canada to Canadian wireless numbers and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and sent/received Extreme Text/picture/video messages while roaming not included and charged at applicable rates. To learn more about Extreme Text, go to rogers.com/extremetext. 3. Local calls evenings from 9 pm to 7 am Mon.-Fri. and weekends from 9 pm Fri. to 7 am Mon., 400 local daytime minutes included. 4. (Smartphones): Unlimited social networking using basic features of select applications (built-in at time of purchase) and browsing on select social networking sites. Selection varies by device, visit rogers.com/socialnetworking for full details. Not available for BlackBerry devices. Usage subject to Rogers Terms of Service and Acceptable Use Policy, rogers.com/terms. Data transmission charges of $0.006/kB apply when roaming in the U.S. (except Flex Rate plans for which charges of $3/MB will apply); and $0.03/kB when roaming internationally. Visit rogers.com/mobilebrowsing for details.

™Rogers & Mobius Design are trademarks of or used under license from Rogers Communications Inc. or an affiliate. BlackBerry®, RIM®, Research In Motion®, SureType® and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Rogers Communications.

LANSDOWNE REVIEW

LPP faces another challenge

A new legal challenge to the Lansdowne Partnership Plan has been launched only days after a previous judicial review was abandoned.

The new application for a judicial review into the arrangement was filed with the Ontario Superior Court by the Friends of Lansdowne Park, Gary Sealey and Doug Ward.

In their application, the group contends that it was unlawful for the city to approve the deal with the Ottawa Sports and Entertainment Group without competitive bids.

The previous request for judicial review, filed over a year ago, has been abandoned in order to pool resources for the new judicial review of the park deal.

TIM WIECLAWSKI

Immigrant training programs get cash

TRACEY TONG/METRO OTTAWA

▶ While most newcomers have traditionally headed to Toronto, more newcomers are settling in cities smaller than Toronto, like Ottawa, said Minister of Citizenship and Immigration Dr. Eric Hoskins.

Province renewing 8 programs across Ontario to aid newcomers

Three Ottawa programs focusing on helping skilled newcomers to Canada are receiving nearly $1.7 million as a part of a $3.6-million provincial investment in bridge training programs.

"The Conference Board of Canada estimates that the costs of underutilizing the skills of internationally trained newcomers — the costs of underemployment — at between $3.4 and $5 billion each and every year," said Minister of Citizenship and Immigration Dr. Eric Hoskins.

"Our ability to compete in this fast-moving, global economy is critical. And we need to maximize the contributions of our skilled newcomers if we are to ensure Ontario's and Canada's continued prosperity."

In Ottawa, three bridge training programs receiving renewed funding include the Algonquin College of Applied Arts and Technology's internationally trained civil engineering technologist program ($1 million); La Cité Collegiale's access to construction trades program for immigrants ($275,000); and LASI World Skills' Ottawa Job Match Network ($400,000).

"Almost half of newcomers that come to Canada each year come to Ontario. Two out of three of those newcomers have post-secondary education. We're talking about an extremely skilled, highly talented, highly valued group of individuals."

DR. ERIC HOSKINS, MINISTER OF CITIZENSHIP AND IMMIGRATION

"Our collective economic prosperity also lies with (newcomers)," said Ottawa Centre MPP Yasir Naqvi. "I think we know how important immigration is for our country. We need to make sure we're always working together to ensure every single person who chooses Ontario to be their home is able to prosper in their professional field."

TRACEY TONG

Ottawans show support for troops

Support for the Canadian Forces is alive and well in Ottawa. For proof of that, one only needs to attend the Army Run on Sunday or Friday's Red Rally at city hall, said run director Maj. Luc Frenette.

With 13,500 people registered as of Thursday afternoon, the event is close to reaching capacity at 97 per cent for the half-marathon and 82 per cent for the five-kilometre run, said Frenette.

"People are telling us that they're coming to the run to support us," he said. "We wouldn't be able to do it without their support."

Attendees are encouraged to wear red to noon's Red Rally to show support for the men and women serving in the Canadian Forces.

A moment people won't want to miss is the advance start for the injured soldiers on Sunday.

"It's very emotional and their courage is amazing," said Frenette.

TRACEY TONG

Apply to vote by proxy

Ottawa residents who are qualified voters but not able to cast a ballot on Oct. 25 or advance voting days on Oct. 2 and 14 may appoint a friend or family member to vote on their behalf.

Voters must complete an appointment of voting proxy form — available from the elections office or any of the city's client service centres — by election day.

TRACEY TONG

Faster LRT expansion urged

The Ottawa Chamber of Commerce said it supports the city's plan for light rail transit but would like to see the city accelerate its east-west expansion plans.

The chamber said light rail is the best option for keeping operational costs down, providing for environmental benefits and ensuring the right infrastructure is in place to allow Ottawa to achieve its growth potential.

TRACEY TONG

Competitors going head to head

CONTRIBUTED PHOTO

▶ Joe Oppedisano

Last year, Joe Oppedisano was out for a night on the town when he entered a beer-pouring contest on a whim — and unexpectedly won.

Not only that, but the real estate agent, who "had never bartended before," went on to become the Canada Draught Master and placed second in the world finals of the Stella Artois Draught Master Competition.

"I didn't realize how much was involved," said Oppedisano.

This Saturday, he will be the master of ceremonies at the Ottawa finals of the Stella Artois Draught Master Competition at Lago.

Contestants will be judged according to the nine-step pouring ritual, which involves creating the foam at the top of the glass and chopping off the top layer.

"Before I learned to pour properly, I was a non-believer," said Oppedisano. "But it does make a difference."

Saturday's winner will move on to complete in the Canadian championship in Toronto next weekend.

TRACEY TONG

SURPLUS WAREHOUSE
NEW AND USED OFFICE FURNITURE
DESKS • CHAIRS • FILING CABINETS • BOOKCASES • STORAGE CABINETS
TABLES • STEEL SHELVING • RACKING • COMPUTER TABLES • WORKSTATIONS
WHITEBOARDS • EGAN VISUALS • HUTCHES • LOCKERS AND MORE!
613.247.4000 • 716 INDUSTRIAL AVE., OTTAWA
STUDENTS PAY NO TAXES!

TIM WIECLAWSKI/METRO OTTAWA

▶ Anny Spooner samples one of the wines available at the Rendez-Vous des Saveurs de Gatineau.

Ready for the Rendez-Vous des Saveurs?

Three-day passports for the event, held Oct. 1 to 3, on sale now ◐ Twelve culinary demos and workshops

TIM WIECLAWSKI
@METRONEWS.CA

Claude Hamelin, president, of the Rendez-Vous des Saveurs de Gatineau compares the lineups to sample food and wine at the event to the traffic on the bridges over the Ottawa River.

It's really only a problem around dinnertime when everyone arrives at the same time; the rest of the day, things run fairly smoothly.

50
The number of restaurants and producers that will exhibit their food and wine during the event.

After moving to the Casino Lac-Leamy Theatre last year, the event struggled to keep up with demand and people ended up in long lines last year.

It's symptom of success, said Hamelin, but also part of settling into the new location.

This year, with 20 per cent more exhibitors, Anny Spooner, the events director of public affairs said they have reorganized the venue in hopes that the long lines will not be a problem.

The new entrance is much wider than last year. Booths will be set up in the theatre foyer to take advantage of that space.

Police ask for help

Police are asking anyone who has had communication with the username mechantgarcon1957 online to call them after an Ottawa man was charged with child luring offences. Michel Mallette, 53 is charged with four counts of luring a child.

TRACEY TONG

2 charged in robbery

Police have charged two men in connection with a robbery in Kanata earlier this week. The two were charged with robbery using a firearm, conspiracy, and using a weapon dangerous to public peace. Amir Ibrahim and Mahad Abdi appeared in court Wednesday.

TRACEY TONG

2 sought in theft

Police are asking for help in identifying two women after a large quantity of baby formula was stolen from a west-end pharmacy. Investigators seek two black women, both 35 to 45 years old. One woman has a medium build and the other is described as heavy-set.

TRACEY TONG

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day
The video everyone's talking about.

Ottawa's First Integrated Hair School Academy
The Loft Academy
Now Accepting Applications
UNLOCK YOUR FULL POTENTIAL
CULTIVATE YOUR ARTISTIC MIND
We offer the best educators and program curriculum in the beauty school business with an emphasis on individual attention.
We are associated with Project Runway Canada, L'Oreal Professional Paris and Ottawa Fashion Week to name a few.
Call today for your enrollment kit
613.232.0202
We are a limited seat school, registered as a Private Career College under the Private Career College Act 2005.

ON SALE
in stock
In Stock Sale Event
Save $75 on purchases between $600 and $999
Save $125 on purchases between $1000 and $1799
Save $200 on purchases between $1800 and $3799
Save $400 on purchases between $3800 and $6999
Save $800 if you spend $7000 and up
PHILLIP Van Leeuwen
IF IT'S IN STOCK, IT'S ON SALE
Promotion ends October 3rd, 2010. For details, visit us at www.ArtofFurniture.ca
10 BYWARD MARKET, OTTAWA 613.562.0700

Plane baby might soon meet mother

Woman said she abandoned baby 'George Francis' because she feared her family's reaction to pregancy

A Philippine woman who admitted giving birth to a baby on a flight from the Middle East and then leaving him in the plane's trash said she was raped by her employer, a lawmaker said Thursday.

The baby was found by a security guard at Manila's airport last Sunday in a trash bag unloaded from the bathroom of a Gulf Air flight from Bahrain.

Rep. Lani Mercado said she met Thursday with the woman, who told her she had been raped by her employer while working as a maid in Qatar and became pregnant. She said her employer's wife then forced her to return home.

THE ASSOCIATED PRESS

Positive ID?

Social Welfare Secretary Dinky Soliman, who has custody of the baby, said authorities are still working to confirm the woman is the mother.

DNA test to be conducted
Soliman earlier said authorities plan to conduct DNA tests and that it would take at least a month to establish whether she is the parent.

20 About 20 couples, including some from abroad, have offered to adopt the boy, said Rep. Lani Mercado.

015_PHOTO CREDIT. XXXXXXXXXXXXXXXXX

"George Francis," the baby boy born on a flight from the Middle East to the Philippines and abandoned in an airplane trash bag, is attended by nurses at the Manila airport.

Group invokes relatives' deaths in plea

Relatives of the victims of Canada's worst mass shooting are urging NDP Leader Jack Layton to secure more votes to save the gun registry.

Joined by students and graduates of the Universite de Montreal's Ecole polytechnique, the group gathered in Layton's Toronto riding Thursday.

They called on the NDP leader to do everything he can — short of directing the votes of his caucus — to ensure New Democrats don't help the Conservatives dismantle the registry.

Suzanne Laplante-Edward, whose daughter Anne-Marie Edward died in the Dec. 6, 1989 shooting, pleaded with Layton to speak for those who couldn't.

"The gun registry is the one good thing that came out of the Montreal tragedy. It is a monument to the memory of our daughters," Laplante-Edward said.

"Guns kill not only bodies, but also souls. Our family will never be whole."

Laplante-Edward, struggling to speak through tears, added she never really recovered from the loss that has also psychologically maimed thousands.

THE CANADIAN PRESS

CHLOE FIDIO/TORSTAR NEWS SERVICE

The daughter of Suzanne Laplante Edward, left, was among 14 women killed at Ecole Polytechnique.

NDP's party line

- The NDP allows MPs to vote freely on private bills, but Layton has said he has enough votes.
- On Thursday, northern Ontario MP Carol Hughes became the fifth New Democrat to publicly reverse her position and announce she'll vote against the bill.

Afghanistan. Election

▶ The eyes of an election candidate are cut off on this poster in Kabul.

SAURABH DAS/THE ASSOCIATED PRESS

Vote — with your eyes open

As Saturday's parliamentary election approaches, a spokesperson for Afghanistan's Interior Ministry has urged citizens to go to the polls — and trust in protection from Afghan and international security forces.

Big guns get set for battle over gun registry

Layton says he has enough support to kill the bill

The bill to kill the controversial gun registry may be all but dead, but the federal parties' fighting spirit isn't.

Northern Ontario MP Carol Hughes, who helped push a bill to abolish the registry through second reading, now says she'll vote against it.

Other NDP politicians are expected to announce soon they will follow suit and Leader Jack Layton says he has mustered enough support to kill the bill.

"(Stephen Harper) no longer has the votes to ram this bill through the House."
JACK LAYTON

But the Conservatives say they aren't giving up.

They warn there are consequences to defeating the private member's bill.

"People will be held accountable in their constituencies for that," said Conservative House Leader John Baird.

Tory Candice Hoeppner's private bill to abolish the registry passed second reading with the help of 12 New Democrats and eight Liberals.

But Liberal Leader Michael Ignatieff has instructed his caucus to vote against it going any further.

THE CANADIAN PRESS

Kenney off to Oz in bid to beat boat migrants

Immigration Minister Jason Kenney is upfront about Down Under.

He says Canada can learn from Australia's experience in dealing with migrant ships.

Kenney is heading to Australia on a fact-finding mission to help shape Ottawa's promised crackdown on migrant ships.

The Conservatives plan to kick off the fall session of Parliament with a new package of rules.

Australia detains illegal migrants arriving by sea, at times keeping them on remote islands and then sending them to other countries before they can have a refugee hearing.

"I'm not saying Australia has some kind of a perfect remedy for Canada to emulate," Kenney said from Manila, Philippines.

"I am saying, though, that they have a lot of practical and applied experience with the situation and there may be ways in which we can co-operate with Australia in addressing the issue."

Kenney's critics say Canada already has the tools it needs to deter human smuggling.

THE CANADIAN PRESS

TORSTAR NEWS SERVICE

▶ Jason Kenney

Kenney's plans

Almost 500 Tamils entered Canadian waters off the coast of British Columbia in August.

1. Prime Minister Stephen Harper told his cabinet to make sure there would be no repeats of the incident.
2. The government's marine migrant package will include a range of measures, but will not need to invoke the notwithstanding clause in the Charter of Rights, Kenney has said.
3. Canada also needs to work with other countries to try to cut the migrant ships off at the source, he added.

Oilsands eyed over sick fish

Some scientists and aboriginals want the federal government to monitor whether oilsands contamination in a northern Alberta river is making fish sick.

Ecologist David Schindler made the request standing in front of dozens of slides of fish with tumours, lesions and discolourations.

Scientists say environmental monitoring on the Athabasca River must be carried out independent of industry and the Alberta government.

THE CANADIAN PRESS

Bus crash in Sudan kills 37

Sudanese police say a head-on vehicle collision killed 37 people south of Khartoum.

Gen. Saad Eddin Idris says a commuter truck and a bus crashed head- on when the speeding bus was trying to overtake another vehicle.

He said 26 people were also injured.

Roads are busy in Sudan this time of year as many people return home from vacations taken at the end of the Islamic fasting month of Ramadan.

THE ASSOCIATED PRESS

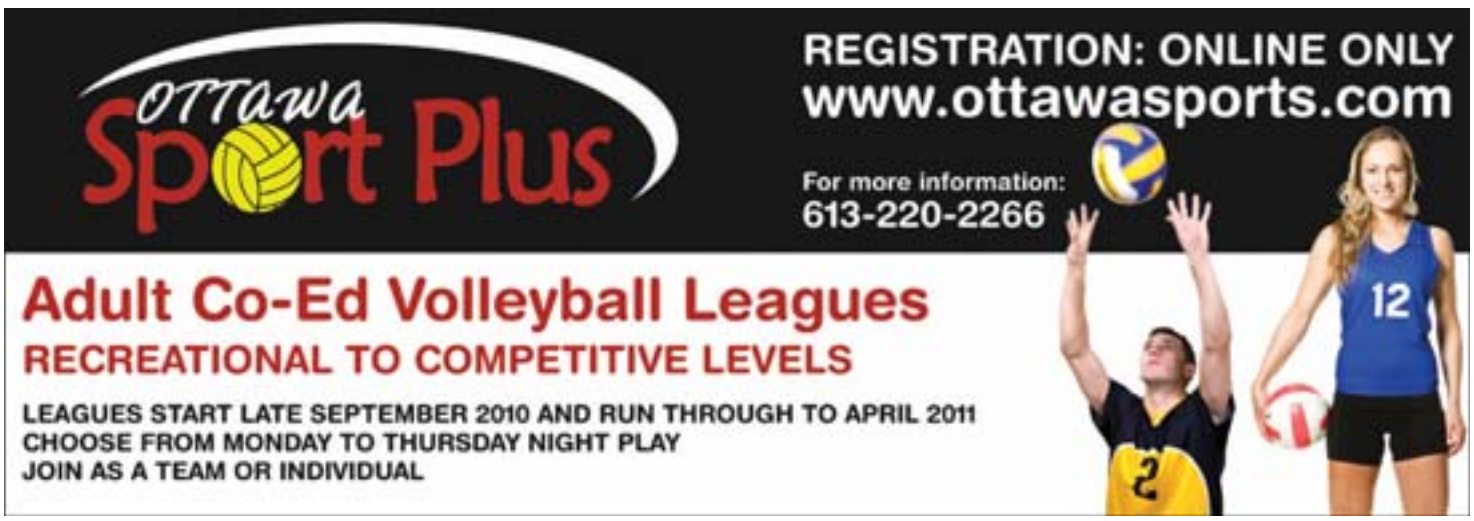
Tory MPP's bill may aid cyclists

There could soon be more paved shoulders on the side of some secondary provincial highways in Ontario to encourage more cyclists.

Progressive Conservative MPP Norm Miller's private member's bill would require a one-metre paved shoulder be added whenever designated secondary highways are being resurfaced.

Miller says the paved shoulder would allow vehicles to pass cyclists without having to swerve into oncoming traffic.

THE CANADIAN PRESS


Ottawa Sport Plus
REGISTRATION: ONLINE ONLY
www.ottawasports.com
For more information:
613-220-2266
Adult Co-Ed Volleyball Leagues
RECREATIONAL TO COMPETITIVE LEVELS
LEAGUES START LATE SEPTEMBER 2010 AND RUN THROUGH TO APRIL 2011
CHOOSE FROM MONDAY TO THURSDAY NIGHT PLAY
JOIN AS A TEAM OR INDIVIDUAL

EVAN VUCCI/THE ASSOCIATED PRESS

▶ Pennsylvania Senator Arlen Specter.

Senator urges protection

◗ Specter says U.S. congress must protect embryonic stem cell research in wake of rulings ◗ Judge issued preliminary injunction last month

A leading Democratic U.S. senator said Thursday that Congress should "get busy" on giving legal stature to U.S. government funding of human embryonic stem cell research to avoid giving a final say on the issue to a conservative Supreme Court.

Sen. Arlen Specter spoke at a Senate hearing where scientists also expressed concern about recent court rulings that have disrupted funding for embryonic stem cell research, seen as offering promising potential for treating Parkinson's Disease, spinal cord injuries and numerous other debilitating illnesses.

He cited several recent cases where the U.S. Supreme Court had issued stays on lower court rulings on "ideological grounds." THE ASSOCIATED PRESS

RCMP to release findings on death

The RCMP are expected to provide an explanation today about what happened in the case of a woman who died while walking to get help after a car got stuck in northern Saskatchewan. Kerri Canepotatoe was one of four people left stranded when their vehicle became bogged down in mud and water on a logging road near Big River in April. Provincial officials have said the stranded motorists made three 911 calls from the car. After a tow truck failed to arrive, Canepotatoe tried to walk for help but she was found dead on the side of a highway. It wasn't until her body was discovered that a search began for Melissa Rabbitskin and two children, who spent a week shivering in the car. RCMP are expected to explain how the calls were handled by dispatchers. THE CANADIAN PRESS

Florida. Tar?

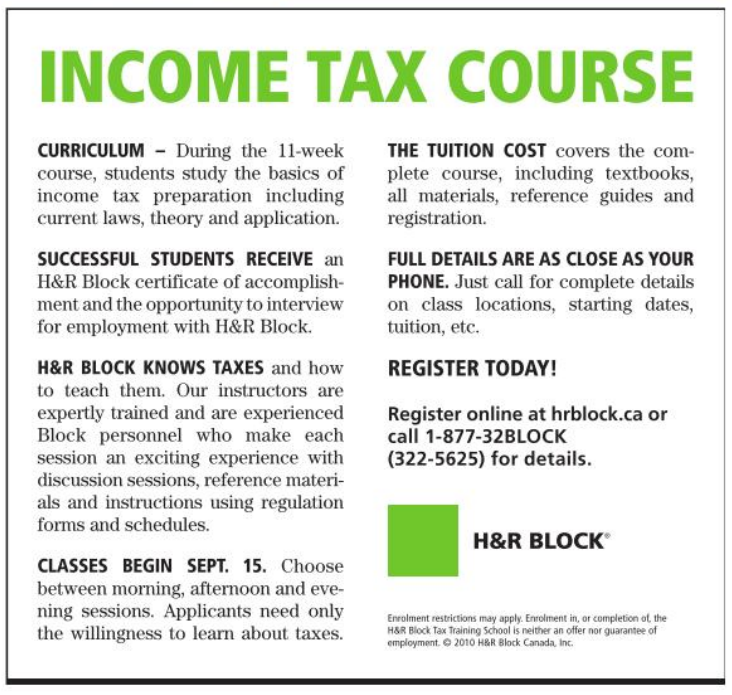
▶ Phyllis Neal holds what she believes is a tar ball from the Santa Rosa Sound near her home on Pensacola Beach Thursday.

BEN TWIGLEY/PENSACOLA NEWS JOURNAL/THE ASSOCIATED PRESS

Tar still coming ashore?

Phyllis Neal told a newspaper that she found hundreds of large tar balls on the beach and in the water behind her home. BP has said it is still cleaning up hundreds of pounds of tar and oil washing on shore in the region from the Gulf oil spill.

Love what you do.
½ Day Classes starting MONTHLY!
Train for a new career to make a difference in your community.
Learn the skills in DEMAND by OTTAWA employers!
OTTAWA Campus Enrolling NOW!
Community Service Worker Diploma Program
Developmental Service Worker Diploma Program
Trillium College
www.trilliumcollege.ca
OTTAWA Campus
2525 Carling Avenue
Call today! 1.866.401.3757
9 Campuses across Ontario for your convenience!


INCOME TAX COURSE
CURRICULUM – During the 11-week course, students study the basics of income tax preparation including current laws, theory and application.
SUCCESSFUL STUDENTS RECEIVE an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.
H&R BLOCK KNOWS TAXES and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.
CLASSES BEGIN SEPT. 15. Choose between morning, afternoon and evening sessions. Applicants need only the willingness to learn about taxes.
THE TUITION COST covers the complete course, including textbooks, all materials, reference guides and registration.
FULL DETAILS ARE AS CLOSE AS YOUR PHONE. Just call for complete details on class locations, starting dates, tuition, etc.
REGISTER TODAY!
Register online at hrblock.ca or call 1-877-32BLOCK (322-5625) for details.
H&R BLOCK®
Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2010 H&R Block Canada, Inc.

The CPAP Contour Pillow is designed to provide support and comfort while reducing mask pressure, leaks and discomfort.
Please call for an appointment to see how the Contour Pillow can help you!
Sleep Therapy Management
Sleep is Underrated. We can help!
CENTRAL 1935 Bank Street, Suite 6 • 613-526-9841
KANATA 308 Palladium Drive, Suite 105 • 613-599-5800
www.sleeptherapymanagement.ca

Papacy in the U.K.

Benedict XVI's visit to Britain marred by disgust over sex abuse
Only 10% of Britons are Catholic

Pope Benedict XVI waded into the hostile atmosphere of highly secular Britain on Thursday, admitting that the Catholic Church had not acted decisively or quickly enough to remove priests who molested children, in his strongest comments on the worldwide sex abuse crisis shaking his church.

In a visit unprecedented for its opposition, Benedict warned against "aggressive forms" of secularism. The German pope recalled how Britain had stood against "Nazi tyranny that wished to eradicate God from society."

The trip is the first state visit by a pope to the U.K., and his meeting with Queen Elizabeth II was symbolically significant because of the historic divide between the officially Protestant nation and the Catholic Church.

Bless the child

A Polish mother says she is delighted that Pope Benedict XVI stopped to bless her baby daughter.

- The visiting pontiff was travelling through a crowd of pilgrims in Glasgow in his white Popemobile when attendants hoisted one-year-old Maria Tyszczak up to the his window.
- Benedict kissed the baby on the forehead through a lowered window, before she was gently handed back to her family.

PETER BYRNE/THE ASSOCIATED PRESS

▶ Pope Benedict XVI is handed baby Maria Tyszczak to be blessed, as he arrives yesterday at Bellahouston Park in Glasgow ahead of an open-air Mass during the first day of a four day visit to Britain.

Only 65,000 of the faithful had tickets to an open air Mass at Bellahouston Park in Glasgow, compared to the 100,000 previously expected. The British media has been particularly unwelcoming to the pope's visit, noting its $18.7-million security cost to taxpayers at a time of austerity measures and job losses.

Many in Britain are also strongly opposed to Benedict's hard line against homosexuality, abortion and using condoms to prevent the spread of AIDS. Protests are planned and "Pope Nope" T-shirts have been spotted around London.

Still, a crowd of 125,000 in Edinburgh welcomed him warmly as his Popemobile paraded through the streets, with cheers on Princes Street heard from a mile away and well-wishers waving the Holy See's yellow-and-white flag.

THE ASSOCIATED PRESS

2M The Humanist Society of Scotland placed billboards between Edinburgh and Glasgow that read: "Two million Scots are good without God."

ELITE GATINEAU
MAKE YOUR MOVE CLEARANCE EVENT
2011 MAZDA2 2.9% 60 MO.
ZOOM-ZOOM. CONCENTRATED.™
0% PURCHASE FINANCING FOR UP TO 72 MONTHS†
PLUS, GET UP TO $1,250 ON A VISA GIFT CARD!‡
ON OUR MOST POPULAR 2010 MAZDA MODELS.
mazda 3 — 0% 60 mo. — or cash purchase credit of $2,000* — 4.89% equivalent APR
mazda 3 SPORT — 0% 60 mo. — or cash purchase credit of $2,000* — 4.60% equivalent APR
MAZDASPEED 3 — 0% 72 mo. — or cash purchase credit of $3,000* — 3.03% equivalent APR
mazda 5 — 0% 72 mo. — or cash purchase credit of $3,000* — 4.91% equivalent APR
Miata — 0% 72 mo. — or cash purchase credit of $5,000* — 6.05% equivalent APR
mazda 6 — 0% 72 mo. — or cash purchase credit of $2,500* — 3.54% equivalent APR
B4000 — 0% 72 mo. — or cash purchase credit of $6,000* — 8.99% equivalent APR
RX-8 — 0% 72 mo. — or cash purchase credit of $7,000* — 5.92% equivalent APR
ASK ABOUT OUR SPECIAL OFFERS FOR EXISTING MAZDA CUSTOMERS.
GRADUATES GET AN ADDITIONAL CASH AWARD OF UP TO $750 TOWARDS PURCHASE OR LEASE.
READY TO ROLL GRADUATE
*Applicable when vehicle is financed at regular interest rate or purchased in cash. †0% APR Purchase financing up to 60 months is available on Mazda3, Mazda3 Sport, CX-7 & CX-9, and up to 72 months on MazdaSpeed3, Mazda5, Mazda6, MX-5 Miata, RX-8, Tribute and B-Series Trucks. Based on a representative agreement for financed amount of $15,000, the cost of borrowing for a 60-month term contract is $0, monthly payment is $250.00 and total obligation is $15,000. ‡Offer available on purchase of 2010 Mazdaspeed3, Mazda5, Mazda6, MX-5 Miata, CX-7, CX-9 and RX-8. Photos for illustration purpose only. Offers have no cash value and cannot be transferred, assigned or combined. Contact Elite Mazda for details and other specials including Grad and 1st time buyer programs. Offers end September 30, 2010.
VALUE. EMOTION. ENGINEERING. ZOOM-ZOOM. FOREVER.
ELITE MAZDA • 1205 BOUL. LA VÉRENDRYE WEST • GATINEAU
ELITEMAZDA.CA • 819.568.6000

Republican defends photo op with 'slaves'

Posting of photos latest of recent race-related incidents for party

BRUCE SMITH/THE ASSOCIATED PRESS

▶ Glenn McConnell

The Republican party has found itself in more race-related hot water, this time involving a top South Carolina party member who attended a recent event in Civil War attire and posed for photos with two African-American men apparently dressed as slaves.

Glenn McConnell, the president of the South Carolina Senate, is a Civil War re-enactment enthusiast who attended a function last week called A Southern Experience, hosted by a Republican women's group in a state that still flies the Confederate flag at its legislature.

Photos of him in a Union uniform posing with two smiling black men dressed in peasant clothing, one holding a washboard, have gone viral after they were posted to a Facebook site. The men were hired to appear at the event.

McConnell has defended the pictures and the so-called "antebellum" event, saying they prove how far the state has advanced rather than serving as another example of racial insensitivity in South Carolina, which once boasted the country's second-largest slave port in Charleston.

Sue Lynch, president of the National Federation of Republican Women, says organizers meant to honour the Gullah, not slavery. THE ASSOCIATED PRESS

Mexico. 200 years

▶ A woman shows her colours in a bicentennial parade in Mexico City.

MIGUEL TOVAR/THE ASSOCIATED PRESS

Feliz aniversario, Mexico

Mexico celebrates the 200th anniversary of its 1810 independence uprising this week. For its 200th birthday, Mexico wants its citizens — and the world — to forget its vicious drug war and remember the country's epic history, music and continuing crusade for wider prosperity and democracy.

HANG UP ON YOUR HOME PHONE

fido 20 words

2,000 MINUTES[1]
+ Unlimited international text[2]
$40 per month
CityFido

Not sure 2,000 minutes is enough? Don't worry! 96% of our thousands of customers on this **CityFido** plan use less than 2,000 minutes per month. So stop wasting your money on a home phone.

KEYBOARD PHONES

Samsung Gravity
BlackBerry® Curve™ 8520

$0 with 2-year Fido Agreement
$30 with 3-year Fido Agreement and Data Add-on

Use your minutes anywhere within your **CityFido** zone. Long distance charges may apply.

FIDO STORES
St. Laurent Shopping Centre, Ottawa
Billings Bridge Mall, Ottawa
Carlingwood Mall, Ottawa
Promenades de l'Outaouais, Gatineau
Bayshore Shopping Centre, Nepean

EXCLUSIVE DEALERS
MOBILE IT
70B George Street, Ottawa
Merivale Mall, Ottawa
Elmvale Mall, Ottawa
MOBIFONE
Les Galeries de Hull, Gatineau
WIRELESS-2-GO
Place D'Orléans, Orléans

FUTURE SHOP
BEST BUY
WIRELESSWAVE
booth the telephone booth
WIRELESS etc...
COSTCO WHOLESALE
Walmart

No activation fee[3]. Switch now! On **fido.ca**, in store or **1-866-301-3436**

Offers subject to change without notice. Phone prices shown for new activations with Fido Agreement; early cancellation fees apply. **1.** Local airtime minutes within your CityFido zone only; additional local in-zone minutes cost 35¢ per minute (40¢ per minute with CityFido prepaid plan); airtime used for calls made and received outside your CityFido zone cost 25¢ per minute (40¢ per minute with CityFido prepaid plan). Long distance charges may apply and are determined based on your local calling area, not your CityFido zone; visit **fido.ca/callingareas**. **2.** Messages sent from Canada to Canadian, U.S. or international wireless numbers. Messages received from another mobile phone are free. There is a charge for premium text messages. **3.** Offer available until November 1, 2010; subject to change without notice. Valid on new activations with a 2- or 3-year Fido Agreement. A credit for the entire amount of the $35 Activation Fee will appear on your first invoice. ™Fido & design and CityFido are trademarks of Fido Solutions. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Used under license from Research In Motion Limited. All other brand names and logos are trademarks of their respective owners. © 2010 Fido Solutions.

India. Skies open

▶ Pedestrians wade though floodwaters in Lenin Nagar on Thursday.

MAHESH KUMAR A./THE ASSOCIATED PRESS

When it rains, it pours

A sudden downpour can be a menace if you live in a low-lying neighbourhood. People in the low-lying area of Lenin Nagar on the outskirts of Hyderabad, India, needed more than umbrellas when the rain set the roads awash.

WWF has a plan for cod

Conservation group says Canada can replenish depleted stocks

An international conservation group says Canada and other nations could rebuild depleted cod stocks if they clamp down on bycatch and develop a recovery plan.

Bycatch is the term for fish that are usually caught unintentionally.

The World Wildlife Fund issued a set of measures it wants the Northwest Atlantic Fisheries Organization, or NAFO, to adopt at its annual meeting next week in Halifax.

The fund wants NAFO to press countries to reduce bycatch so that stocks on the Grand Banks off Newfoundland and Labrador can rebuild.

Bob Rangeley, vice-president of the Atlantic branch of WWF-Canada, says cod stocks are increasing but are still at near historically low levels and won't recover unless countries deal with cod bycatch.

Rangeley says consumers and industry are demanding sustainably caught seafood, which could force fisheries management groups to better protect the resource.

THE CANADIAN PRESS

Fears for missing senior

Mounties in eastern B.C. are mulling an extended foot search along a 450-kilometre section of highway between Jasper, Alta., and Kamloops, B.C., as they look for any sign of an elderly woman.

May Millings, 81, was last seen Sept. 2 as she left Jasper, intending to meet friends in Kamloops.

Millings was driving a dark blue 2009 Buick Lucerne, four-door sedan, with B.C. licence plate 147 LHF.

THE CANADIAN PRESS

SEX ASSAULT CASE

Allegations made up, court told

Two girls who have accused a junior high school teacher of sexual impropriety came up with the story as part of a plot to get him into trouble, three of their classmates testified Thursday.

The witnesses told court about a conversation at the end of a class in October 2009, the day before Michael Dubas was charged with sexual assault, sexual interference and sexual exploitation. "I overheard (one of the complainants) speaking to her friends about a plan to lie about Mr. Dubas touching her inappropriately," one witness said.

Dubas took the stand in his own defence earlier in the day, saying he was relieved there was surveillance video in the school. A great deal of testimony earlier in the week centred on video images captured on those cameras. THE CANADIAN PRESS

Zellers
79th BIRTHDAY SALE
Prices in effect from Friday, September 17TH to Sunday, September 19TH, 2010.
Selection may vary by store. Quantities are limited. Sorry, no rainchecks.
BUY 1, GET 1 1/2 PRICE*
ALL Men's packaged socks, underwear, and thermals.* Reg. 5.97-39.97
ALL Women's packaged underwear.* Reg. 7.97-12.97
ALL Kids' packaged socks and underwear.* Reg. 2.97-16.97
*Regular priced. 2nd item must be of equal or lesser value.
SAVE 25% TO 40%* ALL Men's and Women's OUTERWEAR
Women's: Reg. 39.97-139.97
Men's: Reg. 29.97-139.97
* Regularly Priced.
SAVE 40%* Reg. 12.97-27.97
ALL WRANGLER® Boys' Regular Priced Tops & Bottoms, Sizes 4-18
* Excludes Legendary Gold.
SAVE 40%*
ALL Men's, Women's & Kids' ATHLETIC SHOES*
*Regular Priced Kids' Reg. 15.97-24.97 Men's & Women's 12.97-59.97
Excludes SPTK® and Sportek Platinum®
SAVE 30% Reg. 39.97
ALL GLORIA VANDERBILT® Women's Regular Priced Denim
SAVE 25% TO 40%* Reg. 13.97-29.97
ALL Men's Regular Priced Denim
SAVE UP TO $90
59.79
2" MEMORY FOAM Toppers
Reg. 99.97-154.97
SAVE 50% ALL Mattress Pads Reg. 39.99-74.97
HANDHELD GAMING ON SALE
SAVE 20% YOUR CHOICE
111.79 DSi LITE® Reg. 139.99
135.79 PSP® Reg. 169.99
119.79 DSi® Reg. 149.99
199.79 PSP GO® Reg. 249.99
135.79 DSiXL® Reg. 169.99
SAVE 40%
ALL GET SORTED® Totes and Underbed Storage
Reg. 1.99-24.99
1/2 PRICE 21.79
CORNINGWARE® Set
Reg. 44.99
BUY 1, GET 1 1/2 PRICE
ALL Drapery Panels Reg. 9.97-29.97 Excluding $7.97 Voiles
Second item must be of equal or lesser value.

XPERIA
X10 mini

club metro

Great surprises come in Mini packages

You could win a 2011 MINI Cooper™ and a new Xperia™ X10 mini – the world's smallest Android* phone. Enter now at clubmetro.com

Sony Ericsson
make.believe

Available exclusively at
ROGERS™

NO PURCHASE OR PAYMENT NECESSARY TO ENTER OR WIN. For official rules and to enter, visit www.clubmetro.com and complete the entry form as instructed on screen. Contest closes at 11:59:59 pm EDT on 9/30/10. Contest is open to legal residents of Canada (excluding Quebec), who are over the age of majority in their province or territory of residence at the time of entry. One prize consisting of a 2011 BMW/MINI Cooper™ car and a Sony Ericsson Xperia™ X10 mini phone. Total prize is valued at $26,300 CDN. Odds of winning depend on the number of eligible entries received. Selected entrants must correctly answer a mathematical skill testing question. Void in Quebec and where prohibited.

Prizes pictured are for illustrative purposes only. Actual prizes may vary from the prize pictured. BMW/MINI Cooper is not endorsing, sponsoring, or otherwise affiliated with this promotion.

*"smallest" defined as the product of Height x Width. *Based on phones available for purchase on the market as of April 28, 2010.

Screen images are simulated or enhanced.

The Liquid Identity and Liquid Energy logos, Xperia and Timescape are trademarks or registered trademarks of Sony Ericsson Mobile Communications AB. Ericsson is a trademark of Telefonaktiebolaget LM Ericsson. Sony and "make.believe" are trademarks or registered trademarks of Sony Corporation. Google and Android are trademarks of Google, Inc. MINI COOPER is a trademark or registered trademark of BMW. All other trademarks are property of their respective owners. Copyright ©2010 Sony Ericsson Mobile Communications AB. All rights reserved.

Doctor shot when he breaks bad news about a mother

A man who became distraught as he was being briefed on his mother's condition at Johns Hopkins Hospital pulled a gun and shot the doctor Thursday.

Then he killed his mother and himself in her room at the world-famous medical centre in Baltimore.

The 50-year-old man holed up inside his mother's room for two hours during a standoff with authorities.

When officers made their way to room 873 they found him dead on the floor and his mother dead in her bed.

The man was initially identified as Warren Davis, but police later said that was an alias. His real name was Paul Warren Pardus.

The doctor, who was not identified, was wounded in the abdomen. He was expected to survive.

THE ASSOCIATED PRESS

Mexico. Viva!

▶ Canadian soldiers parade in Mexico City Thursday.

DARIO LOPEZ-MILLS/THE ASSOCIATED PRESS

What a birthday bash

Mexico has looked beyond its drug war to throw a 200th birthday bash celebrating a proud history. In Mexico City, thousands of people flooded the streets blowing horns and dancing.

JPMORGAN CHASE INVITES YOU TO JOIN OUR CANADIAN TEAM!

STRENGTHEN OUR COMPANY

Here's what Chase is looking for in a candidate:

- Excellent customer service and ability to successfully engage with customers
- Excellent oral and written communications skills
- At least one year of customer service or sales experience
- Strong, consistent work history

We offer paid training, competitive salary and benefits, performance incentives, career growth opportunities and an inclusive culture

- Assets of $2.1 trillion and operations in more than 60 countries
- 2nd largest global issuer of Visa and MasterCard
- Over 40 years of stability and growth in Canada

Visit us at our Career Event:

Monday, September 13th
8 am - 8 pm

Westin Hotel
11 Colonel by Dr
Ottawa, ON
K1N 9H4

JPMORGAN CHASE & CO.

Explore new career opportunities online at:
careers.jpmorganchase.com
Keyword: ottawa1

We are committed to employment equity. Individuals who consider themselves aboriginal, visible minorities, and/or people with disabilities are encouraged to apply.

▶ Riot police block surging protesters attempting to get closer to the U.S. Embassy in Manila on Thursday.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

No U.S. troops here, please

The Visiting Forces Agreement between the Philippines and the United States has sparked protests in the Asian nation. Senators want to cancel the pact, saying Americans have been on combat operations with the Philippines military.

Rape lands on Facebook

A 16-year-old girl was drugged and raped repeatedly by partygoers at a rave near Vancouver as onlookers snapped photos that found their way onto Facebook, the RCMP say.

The attack happened at a rave on a rural property near Pitt Meadows, east of Vancouver.

Police believe the girl was given the date-rape drug.

"It's essentially one male having intercourse and when he's done, another one participates — that's a gang rape," said Insp. Derren Lench.

THE CANADIAN PRESS

Community Events and Ride-Alongs: Vancouver to Halifax: September 9 - 23

Ride • Donate • Volunteer

Sears NATIONAL KIDS CANCER RIDE

Destination Beyond Cancer

Ottawa Ride Along, Inside Ride and Community Event

St Laurent Mall, Sunday, September 19

Check-in Time: 6:00 AM | Start Time: 7:00 AM

Inside Ride Check-in: 2:30 PM | Start Time: 3:30 PM

Ride Along whatever your ability up to 50 KM (Ottawa - Rockland)

Register online at:

SearsNationalKidsCancerRide.com

STILL overpaying for your Home Phone Line?

HOME PHONE LINES

ALL FEATURES FREE!

Enhanced $14.95 Unlimited Local Calling

Unlimited Canada $19.95 Unlimited Calling to Canada

One-Rate $29.95 Unlimited Calling to Canada & U.S.A.

Global $39.95 Unlimited Calling to 20 Countries

All Features FREE

- Caller ID
- Voicemail
- Call Forwarding
- Call Waiting
- Keep Your Existing Phone Number

LIMITED TIME OFFER!

UNLIMITED Calling to INDIA

Add Unlimited India to any Comwave Home Phone Plan ONLY $19.95

90 DAY FREE TRIAL

- Keep your existing Phone Number
- Satisfaction Guaranteed!

613-216-6096

comwave www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911. The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.9¢ cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or NWT. One Rate plan does not include calls to the Yukon, Nunavut, N.W.T. Hawaii or Alaska. The rates are based on a 1 year term. Rate guarantee is based on competitors lowest advertised rate for like services. The 90 day free trial applies to new clients upon activation of the service. $19.95 Unlimited calling to India can add to any Comwave Home Phone Plan and is limited to 3000 minutes per month. Unused minutes do not roll over to the following month. Terms and conditions apply, see www.comwave.ca for details.

TD predicts lag

The Bank of Canada has hiked interest rates by three quarters of a point since June

Canada's economy will slow sharply in the second half of 2010 after roaring out of the recession, according to the Toronto-Dominion Bank.

Economists with the major commercial bank say the economy has been on a good run since last fall, with an average growth rate of 4.3 per cent.

But that fast pace has ended and the current third quarter will have produced a very weak 1.5 per cent advance.

Growth in the last three months of the year won't be much better, the economists said, at two per cent.

TD has also shaved half a point off next year's growth forecast, saying the economy will only get bigger by two per cent in 2011, almost a full point below the Bank of Canada's prediction.

This year's second-half estimates are also at wide variance with the Bank of Canada's last estimates of 2.8 and 3.2 per cent increases in the final two quarters. THE CANADIAN PRESS

Japan. Gaming

▶ Visitors participate in a photo session of "Cosplay" characters at the Tokyo Game Show in Makuhari, Japan, Thursday.

JUNJI KUROKAWA/THE ASSOCIATED PRESS

Microsoft starts Tokyo Game Show

Microsoft Corp. kicked off the Tokyo Game Show by unveiling plans to help Japanese game makers, recently seen as insular and lagging overseas competitors, to aggressively pursue a bigger share of the global market.

Attend our Customer Service and Sales OPEN HOUSE

Randstad has over 50 call centre positions available with several clients in Ottawa. They are looking for fluently bilingual candidates with customer service experience.

One of our clients will be ON LOCATION to hire qualified candidates ON THE SPOT! Don't miss out on this rare opportunity!

OPEN HOUSE
Monday September 20th
8 am – 5 pm
Randstad Ottawa
National Capital Contact Centre
52 Elgin, corner of Queen
(closest bus stop is Metcalfe)

Please bring your resume and business references.
Questions? Call Sarah or Jennifer at 613.688.5556

To see our current opportunities,
please visit www.randstad.ca

randstad

Staffing | Professionals | HR Solutions | Inhouse Services

NEW STADIUM? LET PEOPLE DECIDE

If we needed more proof that politicians work for themselves and not for us, it has arrived.

Other people's money

DAVID DESCÔTEAUX

Our leaders want to finance 100 per cent of the new Colisée de Québec with our taxes. Stephen Harper is hesitating, but his deputies in Quebec have already said yes. What a spectacle they made posing for photos wearing Nordiques jerseys, pandering to Quebec City voters. Pathetic.

The project will be a black hole for dollars. The idea is to cough up $400 million (about $200 million from Canadian taxpayers), and then to soak up a $3.5-million deficit each year. All without asking the private sector to throw in a single penny. Smack in the middle of an economic crisis, too, with our hospitals crumbling and our debt increasing by $135 million a day.

Do most Canadians (or Quebecers, for that matter) want to pay for this project? Makes no difference. Our politicians will do it anyway. There are seats up for grabs in Quebec.

This debate has brought out the beggars. "Montreal has its concert hall, we want our Colisée!" Mayors of other Canadian cities are already up in arms. Meanwhile, the mother of two who, between preparing lunches and helping with homework, has no time for lobbying, sees her taxes keep rising.

David Descôteaux is a freelance economic journalist and an Associate Researcher at the Montreal Economic Institute (iedm.org)

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar
+ 28.51 (12,173.35)	– 0.02¢ (97.41¢ US)
Oil	**Natural gas** 1,000 cu ft $4.062 (+ 6.7¢)
– 1.45¢ US ($74.57 US)	**Gold** contracts $1,271.90 (+ $5.20)

WELCOME TO THE DEPARTMENT OF HOSPITALITY, FRIENDLY SERVICE AND GREAT VALUE (DHFSGV)

CapitalHillHotel.com

CAPITAL HILL
HOTEL & SUITES
OTTAWA'S OWN

88 Albert Street
Between Elgin and Metcalfe
613-235-1413

STEVE COLLINS/FOR METRO OTTAWA

▶ Riishi Von Rex

5 MINUTES WITH: RIISHI VON REX

Riishi Von Rex is an Ottawa singer, songwriter and guitarist. Hear her EP online at vonrex.org.

How long have you been making music?
I've been writing for a little under 10 years, since I was about 13, 14. I didn't actually get into playing music until after I got into writing songs, so I consider myself a songwriter first and foremost. I've been playing shows around Ottawa since about 2006, 2007.

What's one live show you've played that stands out as special?
I think one of the most exciting to us was recently we opened for the Dexter Romweber Duo at Zaphod's. They're not very well-known, but Dexter Romweber is a huge influence on a lot of my favourite musicians. So they were telling me about the record they just recorded with Jack White, and Jack White is one of my idols. They've toured with Cat Power, played with Neko Case, so it was really cool just because he's cited as an influence to my influences. It was really awesome to just meet them, share the stage with them, and get a first-hand experience of what this guy's like.

Tell me a bit about your bandmates.
OK, my bassist Erik Royle has been with me pretty much from the beginning and he's my right-hand man. He's also the guy who keeps me organized and on top of stuff, because I'm not always the best at that. Lucas MacKenzie is our third drummer. (Erik and I have had a bit of the Spinal Tap drummer experience.)

Troll Music is my favourite song involving a troll under a bridge. Where did that come from?
It's funny because it was a failed attempt at a kid's song. I was writing a song for my niece and nephew, whom I adore above all. So I was thinking of a story that a kid could really relate to, but by the end of it I thought it got just a little too creepy, with (taking my) arms and legs and tongue and all that, so it became a little bit less of a kid's song.

Your day job is washing dishes. How's that?
The kitchen is just a fun place to be. We blare the music, we can talk like sailors, there's a lot of singing and dancing that goes on. It's a really fun place to be if you're stuck doing a dirty job.

STEVE COLLINS

Cartoon

MICHAEL DE ADDER

Understand your mind

Worth mentioning

New research has uncovered a part of the brain that is larger in people who seem particularly introspective.

Some people know their minds better than others, and research being reported Friday is a step at understanding the biology behind that important part of human consciousness.

It is work necessary for one day tackling brain injuries or diseases that rob people of key aspects of self-reflection — such as schizophrenia patients who are not aware they are ill and thus do not take their medication.

By learning the neurologic basis of self-awareness, "might we be able to come up with potential strategies to intervene in these cases and improve people's introspective ability?" asks Stephen Fleming of University College London, lead author of the new research published in the journal Science.

Introspection is basically thinking about your thinking, a way to judge your own thoughts and actions — and inherently difficult to study. The British research team devised a way to measure introspective ability by comparing people's confidence in a decision they made with the accuracy of that decision.

THE ASSOCIATED PRESS

You and your brain

What would you do to improve your work day?

Email
ottawaletters@metronews.ca
Twitter
@metroottawa

Metro has the right to edit letters and submissions.

metro

METRO OTTAWA • 130 Slater St., Suite 300 • Ottawa, ON K1P 6E2 • T: 613-236-5058 • Fax: 866-253-2024
Toll free: 1-888-916-3876 • adinfoottawa@metronews.ca
Distribution: bernie.horton@metronews.ca
Publisher Bill McDonald, **Managing Editor** Tracey Tong, **Sales Manager** Dara Mottahed, **Distribution Manager** Bernie Horton

METRO CANADA: Group Publisher Bill McDonald, **Editor-in-Chief** Charlotte Empey, **Associate Managing Editor** Tarin Elbert, **Scene/Life Editor** Dean Lisk, **Asst Managing Editor** Amber Shortt, **Art Director** Laila Hakim, **Nat'l Sales Director** Peter Bartrem, **Interactive/Marketing Director** Jodi Brown

Metro Minute at Senators Fan Fest

The Ottawa Senators Fan Fest kicks off at 9:30 a.m. Saturday at Scotiabank Place.

This year's event features two Senators practices, interactive games with the Sens Street Tour, the One Change fuel-efficiency campaign, as well as prizes and entertainment such as balloonists and face painters in a festive atmosphere throughout Scotiabank Place.

Fans will then have the opportunity to watch the Senators take to the ice at 10 a.m. and 11:45 a.m.

Parking is free, but fans are encouraged to bring a non-perishable food item for the Ottawa Food Bank and Kanata Food Cupboard.

TRACEY TONG

Three days to play

THE MUNICIPAL ELECTION IS OCT. 25. ARE YOU GETTING ELECTION FEVER YET?

Nick Bachusky
OTTAWA
Yes. I like Clive Doucet because of his business and environmental views.

Tasha Van Dasselaar
OTTAWA
It's still too early. I haven't been following it yet.

MILESTONE 510: DINNER AND A MOVIE ALL ON YOUR SCENE CARD

Now **Earn & Redeem** SCENE™ Points at Milestones Grill + Bar.

Only For a Limited Time!

VISIT SCENE.CA FOR DETAILS

milestones GRILL + BAR®

SCENE MOVIE LOVERS GET IT

CINEPLEX®

Scotiabank®

GET IT AT SCENE.CA™

The SCENE Milestones Points Promotion Offer ends September 30, 2010 at participating Milestones restaurants in the province of Ontario. SCENE members must present their black SCENE membership card at time of payment. SCENE members can earn 5 SCENE points for every $1.00 spent on the purchase of food and beverages (including alcohol), less any discounts, taxes & gratuity (maximum two transactions per day). SCENE members can redeem 1500 SCENE points to receive $10.00 off their bill (excluding alcohol, taxes and gratuity). Some restrictions and or limitations apply. Please visit www.scene.ca/milestones for full details and a list of participating Milestones restaurants.
™ Trademark of SCENE IP LP. © Cineplex Entertainment LP, used under license. ® * Registered trademark of The Bank of Nova Scotia.

Actress and You Again director have friendship that goes back more than 10 years
Andy Fickman convinced starlet to head to Los Angeles
Bell definitely does not fit the stereotype of a needy and demanding Hollywood type

▶ Kristen Bell, right, and Odette Yustman star in You Again. Yustman's character tormented Bell in high school and is now engaged to her brother.

Bell battles high school nightmares

SASHA PERL-RAVER
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

"High school is a pit of despair," Kristen Bell declares. "It's a swirling tornado of insecurities and there's really nothing good about it."

Truer words have never been spoken. But Bell isn't bemoaning her teenage years in Michigan. She's actually talking about the setting of her new film, You Again.

Directed by Bell's longtime friend and collaborator, Andy Fickman, the comedy follows a successful woman (Bell) who realizes her brother is going to marry the girl who mercilessly bullied her throughout high school (Odette Yustman), so she sets out to expose the fiancée's dastardly true colours.

With a supporting cast that includes Sigourney Weaver, Jamie Lee Curtis and newly minted national treasure Betty White, Bell was in co-star heaven while revisiting the darkest period of most people's lives.

"(In high school) you're on this learning curve of who you are and who you want to be, and you're comparing yourself to everyone around you and there's no sense to it," she says. "Everyone just wants to be loved and no one feels loved enough in high school."

Of course, the actress could just as easily be describing Hollywood. "Touché," she smirks, hoisting one well-arched eyebrow and nodding her head in agreement. "Totally."

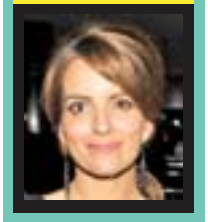
Yet unlike many young actors on a desperate quest for attention and accolades, Bell had to be convinced to move to Hollywood, and it was You Again director Fickman who persuaded her.

The pair met 10 years ago during a production of Reefer Madness. Not long after the show closed, Bell recalls, "Andy said 'I think you need to move to L.A.,' and I said, 'You're drunk.'" After much insistence and his promise to "be your family there," Bell packed her bags and came out West.

"I have a best friendship and a weird older brother relationship with Andy, and it's a relationship I'll take to my grave," she says. "I love him so much. I do projects with him all the time, they just don't warrant this kind of press. We've done plays together in black box theaters that seat 17 people and it's because we like working together."

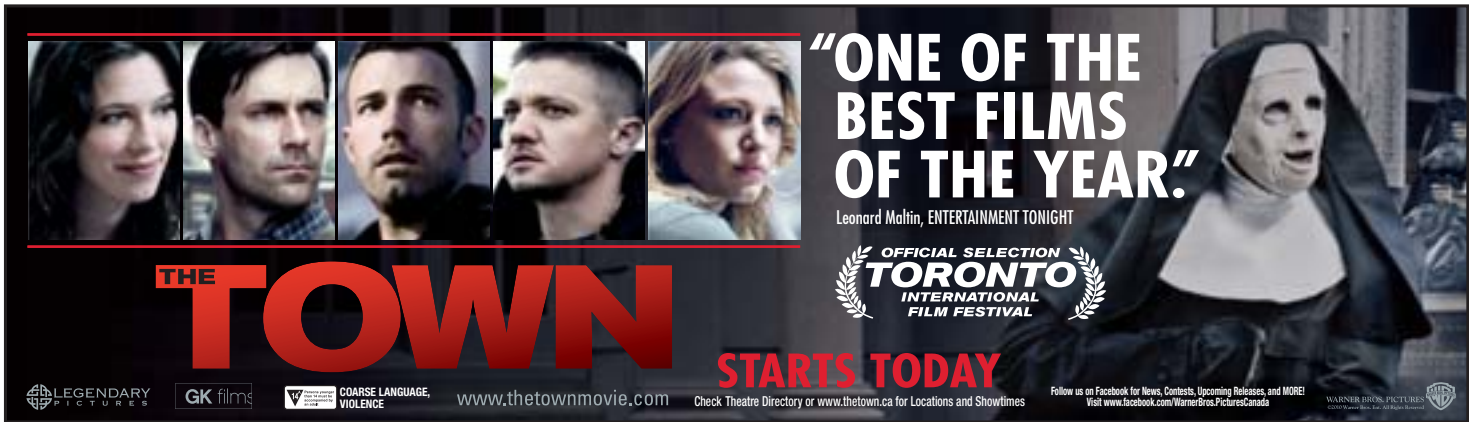
2 scene

Scene in brief



Once again, Comedy Central has gone too far and lined up too many stars. Stephen Colbert, Larry David, Tina Fey, Ricky Gervais and Sarah Silverman are just a few of the names expected for this year's Night Of Too Many Stars: An Overbooked Concert For Autism Education, the network said Thursday. Jon Stewart will host the two-hour broadcast, which airs Oct. 21. In past years, nearly $7 million was raised, Comedy Central said.
THE ASSOCIATED PRESS

Kid Rock testifies in civil trial he didn't fight until provoked at Atlanta-area Waffle House



Movie review See it twice ●●●●● | See it now ●●●● | Worth watching ●●● | Yawn ●● | Don't bother ●

rom-com

Alpha and Omega
Genre: Animation
Directors: Anthony Bell, Ben Gluck
Stars: Justin Long, Hayden Panettiere, Dennis Hopper
●½

These days, average animation films — even those targeted specifically at children — pack enough CGI wizardry and writing smarts to keep the bar high for this ever-evolving genre.

So it's surprising that Alpha and Omega's tale of two wolves runs in the opposite direction — a throwback to the stylistic simplicity of old-school Disney features minus the charm and heart.

This painstakingly dull movie marks out familiar animal territory: Kate (voiced by Hayden Panettiere) is a young, alpha she-wolf, groomed to be a hunter and provider for her pack. Humphrey (Justin Long) belongs to the other side of the social order — an omega who spends his day goofing around with his equally inept mates and dreams about "howling at the moon" with Kate.

Just before Kate is about to be paired off with an alpha male from a rival pack in order to keep the peace within Jasper National Park's wolf community, she and Humphrey are shipped off across the border by meddling park rangers to repopulate the forests of Idaho. Their journey back home propels the film's action, leading to a predictable rom-com-type conclusion.

It's hard to imagine kids finding any excitement in this laughs-free exercise with no reason to exist in 3-D (yet, it does). One can only sympathize with those parents who have to sit through the movie and with late Hollywood icon Dennis Hopper — this happens to be his final finished film.

● KUMAR SAHA

Easy A
Genre: Comedy
Director: Will Gluck
Stars: Emma Stone, Thomas Haden Church, Patricia Clarkson
●●●

A surprisingly hilarious comedy about a good girl (Emma Stone) willfully accepting a less than ladylike reputation at her school to help her fellow rejects and create some semblance of a social life. The script is filled with loving nods to the '80s teen flicks of John Hughes and The Scarlet Letter, and it's a mini-miracle that the resulting film doesn't crumble under the invited comparisons. All credit goes to a playful and talented cast as well as a team of filmmakers who somehow found life left in the high school comedy. ● PHIL BROWN

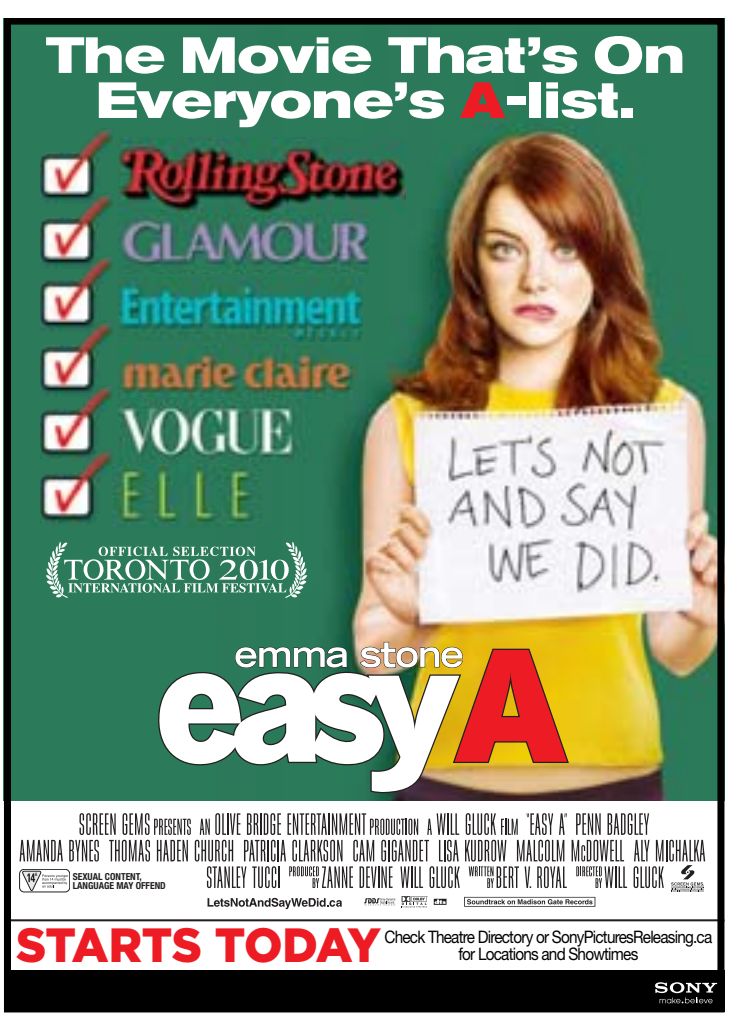
The Human Centipede
Genre: Horror/Comedy
Director: Tom Six
Stars: Dieter Laser, Ashley C. Williams, Ashlynn Yennie
●●●●

So much sensational ink has been spilled about director Tom Six's outrageous shocker The Human Centipede that there's a danger that it might not live up to the horrible hype. Rest assured it does. The already notorious picture sees a lunatic German scientist (Dieter Laser) create the titular beast by sewing three unlucky victim's mouths and anus' together. ● CHRIS ALEXANDER

The Town
Genre: Action/Drama
Director: Ben Affleck
Stars: Ben Affleck, Rebecca Hall, Jeremy Renner
●●●½

The sophomore directorial effort from Affleck, The Town is a quick-paced heist movie about a group of robbers in the Boston neighbourhood of Charleston — literally the bank robber capital of America. When one near-botched heist takes an unexpected turn after Jem (Jeremy Renner) briefly takes a hostage (Rebecca Hall) , gangleader Doug (Affleck) strikes up a relationship with the girl in order to keep tabs on her dealings with the FBI. ● STEVE GOW

"CHARMING, THRILLING, AND HILARIOUS! IT WILL WIN YOUR HEART."
- AVI OFFER, NYC MOVIE GURU
JUSTIN LONG
HAYDEN PANETTIERE
DENNIS HOPPER
DANNY GLOVER
CHRISTINA AND RICCI
ALPHA AND OMEGA IN 3D
EXPERIENCE IT IN real D 3D
SOME SCARY SCENES, CARTOON/ANIMATION ACTION
LIONSGATE
FOR EXCLUSIVES, JOIN US AT MAPLECONNECT.ca
MAPLE PICTURES
STARTS TODAY!
EMPIRE THEATRES ORLEANS TOWN CENTRE 6
CINEPLEX ENTERTAINMENT SOUTH KEYS
CINEPLEX ENTERTAINMENT COLISEUM
AMC THEATRES KANATA
CINEPLEX ENTERTAINMENT SILVERCITY GLOUCESTER
CARLETON PLACE CINEMA
Check theatre directory or go to www.tribute.ca for showtimes


The Movie That's On Everyone's A-list.
Rolling Stone
GLAMOUR
Entertainment
marie claire
VOGUE
ELLE
OFFICIAL SELECTION
TORONTO 2010
INTERNATIONAL FILM FESTIVAL
LET'S NOT AND SAY WE DID.
emma stone
easy A
SCREEN GEMS PRESENTS AN OLIVE BRIDGE ENTERTAINMENT PRODUCTION A WILL GLUCK FILM "EASY A" PENN BADGLEY AMANDA BYNES THOMAS HADEN CHURCH PATRICIA CLARKSON CAM GIGANDET LISA KUDROW MALCOLM McDOWELL ALY MICHALKA STANLEY TUCCI PRODUCED BY ZANNE DEVINE WILL GLUCK WRITTEN BY BERT V. ROYAL DIRECTED BY WILL GLUCK
SEXUAL CONTENT, LANGUAGE MAY OFFEND
LetsNotAndSayWeDid.ca
Soundtrack on Madison Gate Records
STARTS TODAY
Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes
SONY make.believe

THESE PAGES COVER MOVIE START TIMES FROM FRI., SEP. 17 TO THURS., SEP. 23. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

OTTAWA

BYTOWNE CINEMA
325 Rideau St., 613-789-3456

Animal Kingdom (14A) Fri 6:50 Sat 9:15 Sun 1:30-6:30 Mon-Tue 6:50 Wed-Thu 9:25
Coco Chanel & Igor Stravinsky (18A) Tue 4:20 Wed 6:55 Thu 4:15
Happiness (STC) Mon 4:05 Tue 9:15
Hugh Hefner: Playboy, Activist and Rebel (14A) Fri 9:15 Sat 4:05-6:40 Sun 3:55 Mon 9:15
Restrepo (STC) Fri 4:45 Sat 2 Sun 8:55
The Secret in Their Eyes (14A) Wed 4:15 Thu 6:45

CANADIAN FILM INSTITUTE
2 Daly Ave., Suite 120, 613-232-6727

El Compadre Mendoza (STC) Thu 7:30
No Films Showing Today (STC) Fri-Sun Tue-Wed
Prisoner 13 (STC) Mon 7:30

CANADIAN MUSEUM OF NATURE
240 McLeod St., 613-566-4700

No Films Showing Today (STC) Fri-Thu

CENTRETOWN MOVIES
Dundonald Park, 512 Somerset St. W., 613-232-1534, centretownmovies.org

Listings not available at press time.

COLISEUM OTTAWA
3090 Carling Ave., 613-596-9475

The American (14A) Fri-Sun 1:15-4:7:10-10:10 Mon-Thu 4:7:10-10:10
Avatar: Special Edition 3D (PG) Fri-Sun 1-4:40-8:30 Mon-Thu 4:40-8:30
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Eat Pray Love (PG) Fri-Sun 12:30-3:40-6:55-10:05 Mon-Thu 3:40-6:55-10:05
The Expendables (18A) Fri-Sun 1:30-4:10-7:05-9:45 Mon-Thu 4:10-7:05-9:45
Going the Distance (14A) Fri-Sun 12:45-3:35-7:30-10:20 Mon-Thu 3:35-7:30-10:20 Star & Strollers Screening Thu 1
Inception (PG) Fri-Sun 12:15-3:30-6:45-10 Mon-Thu 3:30-6:45-10
Ladies and Gentlemen, the Rolling Stones (PG) Thu 7
The Last Exorcism (14A) Fri 12:40-3:5:20-8-10:25 Sat 12:40-8-10:25 Sun 12:40-3-5:20-8-10:25 Mon-Thu 5:20-8-10:25
Machete (18A) Fri-Sun 1:50-4:50-7:40-10:15 Mon-Thu 4:50-7:40-10:15
The Other Guys (14A) Fri 1:40-4:20-7:50 Sat 4:20-7:50 Sun 1:40-4:20-7:50 Mon-Thu 4:20-7:50
Resident Evil: Afterlife 3D (18A) Fri-Sun 12:55-3:50-7-9:30 Mon-Thu 3:50-7-9:30
Scott Pilgrim vs. the World (PG) Fri-Thu 10:30
Takers (14A) Fri-Sun 1:20-4:30-7:15-9:50 Mon-Wed 4:30-7:15-9:50 Thu 4:30-9:50 Star & Strollers Screening Thu 1
We Are Family (PG) Fri-Sun 1:10-3:55-6:40-9:55 Mon-Thu 3:55-6:40-9:55

EMPIRE 7 CINEMAS
111 Albert St., 3rd Floor, World Exchange Plaza, 613-233-0209

The American (14A) Fri 4:20-7:20-9:50 Sat 7:20-9:50 Sun 1:20-4:20-7:20-9:50 Mon-Tue 4:20-7:20-9:50 Wed 4:20-9:50 Thu 4:20-7:20-9:50
Eat Pray Love (PG) Fri 3:30-6:30-9:35 Sat-Sun 12:30-3:30-6:30-9:35 Mon-Thu 3:30-6:30-9:35
Flipped (PG) Fri 4-7-9:40 Sat-Sun 1-4-7-9:40 Mon-Thu 4-7-9:40
Going the Distance (14A) No Passes Fri 3:40-6:40-9:10 No Passes Sat-Sun 12:40-3:40-6:40-9:10 Mon-Thu 3:40-6:40-9:10
Inception (PG) Fri 3:20-6:20-9:30 Sat-Sun 12:20-3:20-6:20-9:30 Mon-Thu 3:20-6:20-9:30
Joan Rivers: A Piece of Work (14A) Fri 4:10-7:10-9:55 Sat-Sun 1:10-4:10-7:10-9:55 Mon-Thu 4:10-7:10-9:55
Scott Pilgrim vs. the World (PG) Fri 3:50-6:45-9:20 Sat-Sun 12:50-3:50-6:45-9:20 Mon-Thu 3:50-6:45-9:20

MAYFAIR THEATRE
1074 Bank St., 613-730-3403, mayfair-movie.com

Land (STC) Fri-Sat 7 Sun 6:45 Mon 7
Last Call at the Gladstone Hotel (STC) Wed 6:30
Night of the Living Dead: Reanimated (STC) Fri 10:45
Nighthawks (STC) Sun 3
Prince of Persia: The Sands of Time (PG) Sat-Sun 12:30
Remnants of a War (STC) Thu 7
The Rocky Horror Picture Show (14A) Sat 11
Rocky III (STC) Sat 3 Tue 7
Rocky IV (STC) Sat 5 Tue 9
Salt (PG) Sat 8:45 Mon 8:45 Wed 9 Thu 8:45
Sin City (18A) Sun 8:30

OTTAWA FAMILY CINEMA
710 Broadview Ave., 613-722-8218, familycinema.ca

How to Train Your Dragon (PG) Sat 2
No Films Showing Today (STC) Fri Sun-Thu

RAINBOW CINEMAS
St. Laurent Centre, 1200 St. Laurent Blvd., 613-688-0850

Cats & Dogs: The Revenge of Kitty Galore 3D (G) Fri-Thu 12:50-2:50-4:55
Grown Ups (PG) Fri-Wed 1-9:15 Thu 9:15 Thu 1
The Karate Kid (PG) Fri-Thu 10:10-4
The Kids Are All Right (18A) Fri 10:30-7:05-9:20 Sat 7:05-9:20 Sun-Thu 10:30-7:05-9:20
Predators (14A) Fri-Thu 4:45-9:25
Ramona and Beezus (G) Fri-Thu 10-12:20-2:30-7:15
Shrek Forever After 3D (PG) Fri-Thu 10:40-2:40-4:35
The Sorcerer's Apprentice (PG) Fri-Thu 1:15-6:55-9:10
The Switch (PG) Fri-Thu 12:30-6:45-9
The Twilight Saga: Eclipse (PG) Fri-Thu 10:20-3:40-6:35

RIDEAU CENTRE CINEMAS
50 Rideau St., 613-234-3712

The Expendables (18A) SDDS Digital Fri 4:20-6:50-9:15 SDDS Digital Sat-Sun 2-4:20-6:50-9:15 SDDS Digital Mon-Thu 3:20-5:40-8
Machete (18A) Dolby Stereo Digital Fri 4:35-7:05-9:30 Dolby Stereo Digital Sat-Sun 2:15-4:35-7:05-9:30 Dolby Stereo Digital Mon-Thu 3:35-5:55-8:15
Resident Evil: Afterlife (18A) Dolby Stereo Digital Fri 4:50-7:20-9:45 Dolby Stereo Digital Sat-Sun 2:30-4:50-7:20-9:45 Dolby Stereo Digital Mon-Thu 3:50-6:10-8:30

SOUTH KEYS
2214 Bank St., 613-736-1115

The American (14A) Fri-Thu 11:10-1:45-4:30-7:25-10
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Despicable Me 3D (PG) Fri-Thu 11-1:20-3:50-6:40-9:10
Eat Pray Love (PG) Fri-Thu 11:20-3:10-6:35-9:45
The Expendables (18A) Fri-Thu 11:05-1:50-4:35-7:15-9:50
Going the Distance (14A) Fri-Thu 10:35-1:15-4:10-6:55-9:25
Inception (PG) Fri-Thu 11:35-3:20-6:30-9:40
The Last Exorcism (14A) Fri-Thu 11:30-2-4:25-7:10-9:20
Machete (18A) Fri-Thu 10:55-1:40-4:15-7:30-10
Nanny McPhee Returns (G) Fri-Thu 10:25-1
The Other Guys (14A) Fri 10:50-1:30-4-6:45-9:15 Sat 10:50-4-6:45-9:15 Sun-Thu 10:50-1:30-4-6:45-9:15
Resident Evil: Afterlife 3D (18A) Fri-Thu 10:45-1:35-4:40-7:20-9:55
The Switch (PG) Fri-Thu 4:20-7:05-9:30
Takers (14A) Fri 10:30-1:10-4:05-7-9:35 Sat 10:30-1:10-7-9:35 Sun-Thu 10:30-1:10-4:05-7-9:35

GATINEAU

CANADIAN MUSEUM OF CIVILIZATION
100 rue Laurier, 819-776-7010

Cavaliers du Monde (STC) Fri 4:25 Sun 4:25 Wed 4:25
Hubble 3D (STC) Fri 11-2:15 Sat 11-2:15-8:05 Sun 11-2:15-6:35 Mon 11-2:15 Tue 11-2:15-8:40 Wed 11-2:15 Thu 11-2:15-7-9:10 Fri 1:10-8:05 Sat-Sun 9:55-1:10 Mon 1:10-8:05 Tue 1:10 Wed 1:10-8:40 Thu 1:10
Requins 3D (STC) Fri 9:10 Sat 4:25 Mon 4:25-9:10 Tue 4:25-7:35 Thu 4:25
Ride Around the World (STC) Fri 9:55-3:20 Sat-Sun 5:30 Tue-Thu 5:30
Sharks 3D (STC) Fri 12:05-5:30-7 Sat 12:05-3:20-7-9:10 Sun 12:05-3:20 Mon 12:05-3:20-7 Tue 12:05-3:20 Wed 12:05-3:20-7:35 Thu 12:05-3:20-8:05

CINÉ-CAMPUS UQO

▶ Danny Trejo stars in Machete

283 rue St-Jean-Bosco, 819-773-1888

CINÉMA DES GALERIES D'AYLMER
400 boul. Wilfrid-Lavigne, 819-248-2526

Eat Pray Love (G) Fri-Sun 12:40-3:20-6:40-9:20 Mon 6:40 Tue 12:40-3:20-6:40-9:20 Wed-Thu 6:40-9:20
The Expendables (13+) Fri-Sun 1-3:10-7-9:10 Mon 7 Tue 7-9:10 Wed-Thu 9:10
Resident Evil: Afterlife 3D (13+) Fri-Sun 12:50-3-6:50-9 Mon 6:50 Tue 12:50-3-6:50-9 Wed-Thu 6:50-9 Tue 12:50
Scott Pilgrim vs. the World (G) Fri-Sun 1:10-3:30-7:10-9:30 Mon 7:10 Tue 1:10-3:30-7:10-9:30 Wed-Thu 7:10-9:30 Tue 1:10
Villa Amalia (G) Tue 1-3:30 Wed-Thu 7

CINÉ-STARZ
1100 boul. Maloney Ouest, 819-568-8000

Charlie St. Cloud (G) Fri-Sun 5:50-9:30 Mon-Thu 1:55-3:40-7:20-9:05
Histoire de Jouets 3 (STC) Fri-Sun 12-1:55-3:50-7:35 Mon-Thu 12-5:25
L'Apprenti Sorcier (G) Fri-Sun 12-1:55-3:50-7:25 Mon-Thu 12-1:55-7
Origine (G) Fri-Sun 9:25 Mon-Thu 1-3:35-6:45-9:20
Piché: Entre Ciel et Terre (STC) Fri-Sun 3:40-5:35-7:30 Mon-Thu 12-1:55-7:20
Piranha (16+) Fri-Sun 5:45-9:25 Mon-Thu 3:50-5:25-9
Ramona et Beezus (G) Fri-Sun 12-1:50
Salt (G) Fri-Sun 5:05-7-9:05 Mon-Thu 3:50-5:35-9:15
Shrek 4, Il Etait une Fin (STC) Fri-Sun 12-1:45-3:25

CINÉ-PARC TEMPLETON DRIVE-IN
1779 boul. Maloney Est, 819-663-0915

L'échange (G) Fri-Sat
No Films Showing Today (STC) Sun-Thu
Les Sacrifiés (13+) Fri-Sat
The Sorcerer's Apprentice (G) Fri-Sat
Step Up 3 (G) Fri-Sat

GATINEAU 9
120 boul. de l'Hôpital, 819-568-6070

Dansez Dans les Rues 3D (G) Fri 7-9:30 Sat-Sun 12:40-7-9:30 Mon 7-9:30 Tue 12:40-7-9:30 Wed-Thu 7-9:30
Filière 13 (G) Fri 6:30-9 Sat-Sun 12:10-2:45-6:30-9 Mon 6:30-9 Tue 12:10-2:45-6:30-9 Wed-Thu 6:30-9
L'Américain (13+) Fri 7:15 Sat-Sun 1:10-3:45-7:15 Mon 7:15 Tue 1:10-3:45-7:15 Wed-Thu 7:15
L'Arnacoeur (G) Fri 6:50-9:20 Sat-Sun 12:30-3:10-6:50-9:20 Mon 6:50-9:20 Tue 12:30-3:10-6:50-9:20 Wed-Thu 6:50-9:20
Loin des Yeux (13+) Fri 6:40-8:45 Sat-Sun 12:20-3:05-6:40-8:45 Mon 6:40-8:45 Tue 12:20-3:05-6:40-8:45 Wed-Thu 6:40-8:45
Macheté (13+) Fri 7:20-9:45 Sat-Sun 1:20-3:50-7:20-9:45 Mon 7:20-9:45 Tue 1:20-3:50-7:20-9:45 Wed-Thu 7:20-9:45
Mange Prie Aime (G) Fri 6:20-9:10 Sat-Sun 12-3-6:20-9:10 Mon 6:20-9:10 Tue 12-3-6:20-9:10 Wed-Thu 6:20-9:10
Resident Evil: L'au-delà 3D (13+) Fri 7:10-9:25 Sat-Sun 1-3:40-7:10-9:25 Mon 7:10-9:25 Tue 1-3:40-7:10-9:25 Wed-Thu 7:10-9:25
Le Retour de Nounou McPhee (G) Sat-Sun 3:20 Tue 3:20
Les Sacrifiés (13+) Fri-Thu 9:40
Y'en aura pas de facile (G) Fri 7:05-9:05 Sat-Sun 12:50-3:30-7:05-9:05 Mon 7:05-9:05 Tue 12:50-3:30-7:05-9:05 Wed-Thu 7:05-9:05

STARCITÉ HULL
115 boul. du Plateau, 819-770-1090, cinemasfortune.ca

The American (13+) Fri-Thu 12:20-2:55-6:55-9:30
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Eat Pray Love (G) Fri-Tue 12:35-3:40-6:45-9:50 Wed 12:40-3:45-6:45-9:50 Thu 12:35-3:40-6:45-9:50
The Expendables (13+) Fri 12:05-2:35-5:10-7:40-10:10 Sat 2:35-5:10-7:40-10:10 Sun-Thu 12:05-2:35-5:10-7:40-10:10
Going the Distance (13+) Fri-Thu 11:55-3:10-7:10-9:40
Inception (G) Fri-Thu 2:50-6-9:15
L'Arnacoeur (G) Fri-Thu 12:45-3:20-6:35-9:10
Ladies and Gentlemen, the Rolling Stones (STC) Thu 7
The Last Exorcism (13+) Fri-Tue 12:25-2:30-4:45-7:20-10:15 Wed 12:25-2:30-4:45-10:15 Thu 12:25-2:30-4:45-7:20-10:15
Machete (13+) Fri-Tue 12:45-3:20-7:40-10:15 Wed 12:45-3:20-7:35-10:15 Thu 12:45-3:20-7:40-10:15
Mesrine: Ennemi Public 1 (13+) Fri 12:15-3:35-6:50-9:45 Sat 12:15-6:50-9:45 Sun-Thu 12:15-3:35-6:50-9:45
Mesrine: L'Instinct de Mort (13+) Fri-Thu 12:30-3:15-6:40-9:30
Piranha (16+) Fri-Thu 12:2:25-4:50-7:05-9:20
Resident Evil: Afterlife 3D (13+) Fri-Thu 12:10-2:40-5:30-7:45-10:20
Resident Evil: L'au-delà 3D (13+) Fri-Thu 11:50-2:15-4:40-7:15-10
Step Up 3D (G) Fri-Thu 11:45-2:20-4:55-7:30-10:05
Takers (13+) Fri-Wed 12:50-3:25-6:55-9:55 Thu 12:50-3:25-9:55
Y'en aura pas de facile (G) Fri-Thu 12:15-2:45-5:05-7:35-9:50

BARRHAVEN

BARRHAVEN CINEMAS
131 Riocan Dr., 613-825-2463

The American (14A) Fri 6:40-9:30 Sat-Sun 12:40-3:30-6:40-9:30 Mon-Thu 5-7:40 Star & Strollers Screening Thu 1
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Despicable Me 3D (PG) Fri 7-9:20 Sat-Sun 1-4-7-9:20 Mon-Thu 5:30-8
Eat Pray Love (PG) Fri 6:50-10 Sat-Sun 12:30-3:40-6:50-10 Mon-Thu 5:10-8:20 Star & Strollers Screening Thu 1
The Expendables (18A) Fri 7:20-9:50 Sat 4:10-7:20-9:50 Sun 1:20-4:10-7:20-9:50 Mon-Thu 5:40-8:10
Going the Distance (14A) Fri 7:10-9:40 Sat 1:10-4:30-7:10-9:40 Sun 1:10-4:35-7:10-9:40 Mon-Thu 6:8:40
The Other Guys (14A) Fri 7:30-10:10 Sat 1:30-7:30-10:10 Sun 1:30-4:20-7:30-10:10 Mon-Thu 5:50-8:30
Resident Evil: Afterlife 3D (18A) Fri 6:30-9:10 Sat-Sun 12:50-3:50-6:30-9:10 Mon-Thu 5:20-7:50

GLOUCESTER

SILVERCITY
2385 City Park Dr., 613-688-8800

The American (14A) Fri-Thu 12:25-3:15-6:30-9:40
BBC Last Night Of The Proms 2010 (STC) Sat 2:30
Despicable Me 3D (PG) Fri-Thu 12:45-3:10-5:35-8:10:25
Dinner for Schmucks (14A) Fri 12:35-3:20-7:30-10:10 Sat 3:20-7:30-10:10 Sun-Tue 12:35-3:20-7:30-10:10 Wed 4:05-7:30-10:10 Thu 12:35-3:20-7:30-10:10 Star & Strollers Screening Wed 1
Eat Pray Love (PG) Fri-Thu 12:20-4:10-7:15-10:15
The Expendables (18A) Fri-Tue 12:50-3:45-6:50-9:45 Wed 3:45-6:50-9:45 Thu 12:50-3:45-6:50-9:45
Going the Distance (14A) Fri-Tue 1-3:35-7:25-10 Wed 3:35-7:25-10 Thu 1-3:35-7:25-10 Star & Strollers Screening Wed 1
Inception: The IMAX Experience (PG) Fri-Thu 12-3:30-7-10:20
Ladies and Gentlemen, the Rolling Stones (PG) Thu 7
The Last Exorcism (14A) Fri-Thu 12:05-2:25-4:40-7:20-9:35
Machete (18A) Fri-Thu 1:25-4:25-7:10-9:50
The Other Guys (14A) Fri-Tue 1:10-3:40-7:35-10:05 Wed 1:10-7:35-10:05 Thu 1:10-3:40-7:35-10:05
Piranha (18A) Fri-Thu 1:45-4:20-7:05-9:55
Resident Evil: Afterlife (18A) Fri 1:05-3:55-6:55-9:30 Sat 1:05-6:55-9:30 Sun-Thu 1:05-3:55-6:55-9:30
Resident Evil: Afterlife 3D (18A) Fri-Thu 12:10-2:40-5:10-7:45-10:30
Salt (PG) Fri-Wed 1:35-4:15-6:35-9 Thu 1:35-4:15-9:15
Scott Pilgrim vs. the World (PG) Fri-Thu 6:40-9:20
Step Up 3D (PG) Fri-Tue 1:20-4-6:45-9:25 Wed 1:20-4-9:25 Thu 1:20-4-6:45-9:25
Takers (14A) Fri-Thu 12:40-3:50

ORLEANS

EMPIRE THEATRES ORLEANS 6 CINEMAS
3752 Innes Rd., 613-830-4400

The American (14A) Dolby Stereo Digital Fri-Sun 1:05-3:30-6:30-9 Dolby Stereo Digital Mon 4:05-6:50-9:20 Dolby Stereo Digital Tue 1:05-3:30-6:30-9 Dolby Stereo Digital Wed-Thu 4:05-6:50-9:20
Despicable Me (PG) Dolby Stereo Digital Fri-Sun 12:45-3:15 Dolby Stereo Digital Mon 3:45 Dolby Stereo Digital Tue 12:45-3:15 Dolby Stereo Digital Wed-Thu 3:45
Eat Pray Love (PG) Dolby Stereo Digital Fri-Sun 2-6:20-9:25 Dolby Stereo Digital Mon 3:30-6:30-9:35 Dolby Stereo Digital Tue 2-6:20-9:25 Dolby Stereo Digital Wed-Thu 3:30-6:30-9:35
The Expendables (18A) Dolby Stereo Digital Fri-Sun 1:10-3:45-6:40-9:10 Dolby Stereo Digital Mon 4:10-6:40-9:10 Dolby Stereo Digital Tue 1:10-3:45-6:40-9:10 Dolby Stereo Digital Wed-Thu 4:10-6:40-9:10
Going the Distance (14A) Dolby Stereo Digital, No Passes Fri-Sun 1:25-3:50-6:25-9:15 Dolby Stereo Digital, No Passes Mon 3:55-6:25-9:15 Dolby Stereo Digital, No Passes Tue 1:25-3:50-6:25-9:15 Dolby Stereo Digital, No Passes Wed-Thu 3:55-6:25-9:15
The Last Exorcism (14A) Dolby Stereo Digital Fri-Sun 7:10-9:20 Dolby Stereo Digital Mon 7:10-9:25 Dolby Stereo Digital Tue 7:10-9:20 Dolby Stereo Digital Wed-Thu 7:10-9:25
Machete (18A) Dolby Stereo Digital Fri-Sun 1:30-4:10-7:15-9:45 Dolby Stereo Digital Mon 4:15-7:15-9:45 Dolby Stereo Digital Tue 1:30-4:10-7:15-9:45 Dolby Stereo Digital Wed-Thu 4:15-7:15-9:45
Nanny McPhee Returns (G) Dolby Stereo Digital Fri-Sun 12:50-3:25 Dolby Stereo Digital Mon 3:35 Dolby Stereo Digital Tue 12:50-3:25 Dolby Stereo Digital Wed-Thu 3:35
The Other Guys (14A) Dolby Stereo Digital Fri-Sun 1:15-4:7:20-9:50 Dolby Stereo Digital Mon 3:50-6:30-9 Dolby Stereo Digital Tue 1:15-4:7:20-9:50 Dolby Stereo Digital Wed-Thu 3:50-6:30-9
Resident Evil: Afterlife 3D (18A) Dolby Stereo Digital Fri-Sun 1:20-4:15-7-9:30 Dolby Stereo Digital Mon 4:7-9:30 Dolby Stereo Digital Tue 1:20-4:15-7-9:30 Dolby Stereo Digital Wed-Thu 4:7-9:30
Takers (14A) Dolby Stereo Digital Fri-Sun 6:50-9:40 Dolby Stereo Digital Mon 7:20-9:40 Dolby Stereo Digital Tue 6:50-9:40 Dolby Stereo Digital Wed-Thu 7:20-9:40
The Twilight Saga: Eclipse (PG) Dolby Stereo Digital Fri-Sun 12:45-3:40-6:45-9:35 Dolby Stereo Digital Mon 3:40-6:45-9:35 Dolby Stereo Digital Tue 12:45-3:40-6:45-9:35 Dolby Stereo Digital Wed-Thu 3:40-6:45-9:35

KANATA

KANATA 24
801 Earl Grey Dr., 613-599-1200

The American (14A) Special Engagement Fri-Sun 11:20-12:10-2:10-2:40-4:40-5:10-7:10-7:40-9:40-10:10 Mon-Thu 2:10-2:40-4:40-5:10-7:10-7:40-9:40-10:10
Avatar: Special Edition 3D (PG) Digital, Special Engagement Fri-Sun 10:50-2:35-6:05-9:35 Digital, Special Engagement Mon-Thu 2:35-6:05-9:35
Cats & Dogs: The Revenge of Kitty Galore (G) Fri-Sun 11:10-1:35-3:45-5:50-7:55-10:05 Mon-Wed 3:45-5:50-7:55-10:05 Thu 3:45
Despicable Me (PG) Fri-Sun 11:35-2:05-4:40-7:20-9:50 Mon-Thu 2:05-4:40-7:20-9:50
Dinner for Schmucks (14A) Fri-Sun 10:40-1:25-4:10-7:10-9:45 Mon-Thu 4:10-7:10-9:45
Eat Pray Love (PG) Fri-Sun 11-2:15-5:35-9 Mon-Thu 2:15-5:35-9 Fri-Sun 11-2:15-5:35-9 Mon-Thu 2:15-5:35-9
The Expendables (18A) Fri-Sun 11:15-2-4:45-7:30-10:05 Mon-Thu 2-4:45-7:30-10:05
Going the Distance (14A) Special Engagement Fri-Sun 11:35-2:10-4:50-7:30-10 Mon-Thu 2:10-4:50-7:30-10 Special Engagement Fri-Sun 10:50-11:35-1:40-2:10-4:20-4:50-7:7:30-9:30-10 Mon-Thu 2:10-4:20-4:50-7:7:30-9:30-10
Inception (PG) Fri-Sun 12:20-3:35-6:45-9:55 Mon-Thu 3:35-6:45-9:55
The Last Exorcism (14A) Fri-Sun 10:40-12:55-3:10-5:25-7:40-9:55 Mon-Wed 3:10-5:25-7:40-9:55 Thu 3:10
Machete (18A) Special Engagement Fri-Sun 11:45-2:30-5:10-7:50-10:25 Mon-Thu 2:30-5:10-7:50-10:25
Nanny McPhee Returns (G) Fri-Sun 11:15-1:50-4:30-7:05-9:40 Mon-Thu 2-4:30-7:05-9:40
The Other Guys (14A) Fri-Sun 11:05-1:45-4:35-7:35-10:10 Mon-Thu 4:35-7:35-10:10
Piranha 3D (18A) Special Engagement Fri-Thu 7:05-9:35
Resident Evil: Afterlife 3D (18A) Digital, Special Engagement Fri-Sun 11-1:45-4:30-7-9:30 Digital, Special Engagement Mon-Thu 2:05-4:30-7-9:30
Salt (PG) Fri-Sun 10:45-1:20-4:15-7:15-9:45 Mon-Thu 4:15-7:15-9:45
Scott Pilgrim vs. the World (PG) Fri-Sun 10:35-1:35-4:30-7:25-10:20 Mon-Thu 4:30-7:25-10:20
The Switch (PG) Fri-Sun 11:30-2:05-4:25-6:55-9:20 Mon-Thu 2:05-4:25-6:55-9:20
Takers (14A) Fri-Sun 11:55-2:30-5:05-7:45-10:15 Mon-Thu 2:30-5:05-7:45-10:15
Toy Story 3 (G) Fri-Sun 11:25-2-4:35-7:20-9:50 Mon-Thu 2-4:35-7:20-9:50
Toy Story 3 3D (G) Digital, Special Engagement Fri-Sun 10:55-1:30-4:05 Digital, Special Engagement Mon-Thu 4:05
The Twilight Saga: Eclipse (PG) Fri-Sun 10:30-1:20-4:10-7:15-10:15 Mon-Thu 4:10-7:15-10:15
Vampires Suck (PG) Fri-Sun 11:05-1:15-3:25-5:35-7:45-10 Mon-Wed 3:25-5:35-7:45-10 Thu 3:25

TIFF'S BEST SUCCESS STORIES

In Focus

RICHARD CROUSE
SCENE@METRONEWS.CA

During the Toronto International Film Festival you'll see stars sipping lattes at the Starbucks in Yorkville and dolled-up on the red carpet at Roy Thompson Hall, but my favourite way to see them is up on the big screen. Celebrity gazing is a pleasant enough festival diversion, but the star attraction is the films.

Over the last 35 years the festival has run over 10,000 movies through their projectors. Obviously not all have gone on to win awards and break office records, but the festival has a surprisingly good track record at picking and showcasing hits. Chariots of Fire, The Big Chill and The Princess Bride all took home the fest's People's Choice Award and recent Oscar winners from TIFF include four award winner No Country for Old Men and Capote, which earned a Best Actor Oscar for its star Phillip Seymour Hoffman.

This year as the Oscar buzz is already building for TIFF treats Black Swan (director Darren Aronofsky's follow-up to The Wrestler), Paul Giamatti's performance in Barney's Version and the Bruce Springsteen documentary The Promise: The Making of Darkness on the Edge of Town, I thought I'd look back at movies that used Toronto as a springboard for later success.

SLUMDOG MILLIONAIRE

Although not technically a TIFF premiere — it was first shown at the Telluride Film Festival — director Danny Boyle credits the Toronto festival audience's reaction to the film with saving it from a terrible fate — going direct to DVD.

RAY

Before Ray premiered at the 2004 TIFF Jamie Foxx was best known as a comedian whose credits included dressing in drag as the ugliest woman in the world, Wanda Wayne, on In Living Color who occasionally dabbled in serious films like Oliver Stone's Any Given Sunday. After TIFF he was a serious actor, on the path to winning a Best Actor Academy Award.

ROGER & ME

At the start of the festival 21 years ago Michael Moore was an unknown documentary filmmaker hawking a self-financed film about the economic impact GM CEO Roger Smith's decision to close down several auto plants in Flint, Mich. By the festival's end Moore was a media celebrity with a People's Choice Award and a film that would go on to win ten other major awards — although no Oscar. Moore would have to wait until Bowling for Columbine — which also played at TIFF — won the 2003 statue for Best Documentary.

▶ Public reaction to Slumdog Millionaire at TIFF helped catapult it into Oscar contention.

Actors turned directors

PHOTOS
1. KEVORK DJANSEZIAN/GETTY IMAGES
2. STUART RAMSON/THE ASSOCIATED PRESS
3. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS
4. KEVIN WINTER/GETTY IMAGES
5. FRANCO ORIGLIA/GETTY IMAGES

1 **Clint Eastwood**: From his 1971 directing debut, the thriller Play Misty for Me, moved on to Unforgiven and Mystic River. Million Dollar Baby earned him his most recent Academy Awards.

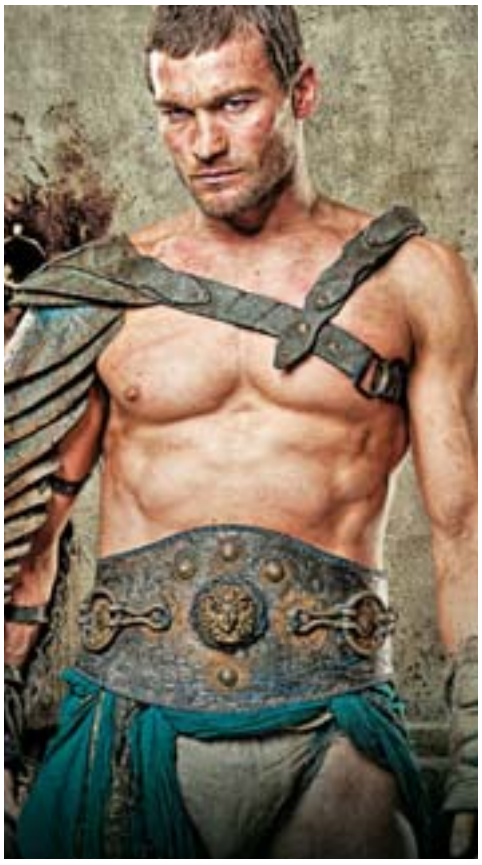
2 **Sydney Pollack:** He used his acting experience as adeptly behind the camera as he did in front of it. Pollack won Oscars for best picture and best director for the epic Out of Africa.

3 **Sean Penn:** The Oscar-winning actors directed Into the Wild, The Crossing Guard and The Pledge.

4 **Ron Howard:** Apollo 13 and A Beautiful Mind couldn't be more different but they're equally effective. And one of his most recent films, Frost/Nixon.

5 **Sofia Coppola:** She established herself as a solid director with her debut, The Virgin Suicides and Lost in Translation earned her an Oscar nomination for best director. THE ASSOCIATED PRESS

7th heaven

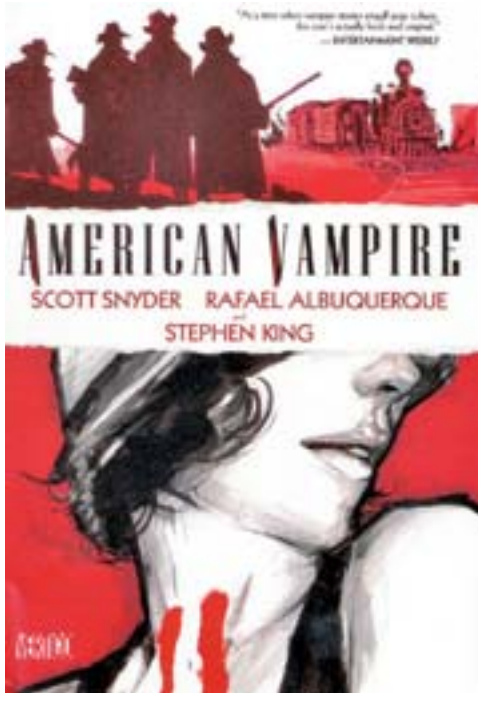


Spartacus

DVD The first season of the gladiator epic Spartacus: Blood and Sand is available on DVD and Bluray on Tuesday. The show — which features scantily-clad men and women — has been a critical fav since it premiered in January. The complete collection isn't spartan, featuring hours of bonus material.

The Playbook

POP CULTURE
Look out ladies: Author Matt Kuhn and How I Met Your Mother lothario Barney Stinson — played by Neil Patrick Harris — have teamed up for a step-by-step guide to picking up the ladies. Their advice includes every scam, hustle and hoodwink seen — and yet to be seen — on the popular TV show.



American Vampire

BOOKS
You knew it would only take a matter of time, and it's happened. Stephen King has jumped on the bloodsucker bandwagon with the graphic novel American Vampire. While his books have been turned into graphic novels before, this is the first time to king of horror has written one himself.

Metro pick

▶ America's Got Talent winner Michael Grimm.

Michael Grimm

WINNER
Mississippi native Michael Grimm took home the America's Got Talent title this week. The crooner — who lost everything during Hurricane Katrina and was almost disqualified earlier in the season when he went over the time limit — received a $1 million US prize and a Vegas show.
METRO

Gratitude

CELEBRITY
What are you most grateful for: Not stepping in the puddle this morning? Maybe that great gal or guy in your life? In the new book On Gratitude, celebrities reveal what they are most grateful for in life. Some are serious, others, like Ricky Gervais being grateful for pajamas, are ridiculous.

BOARDWALK
EMPIRE
PROHIBITION BEGINS
SUNDAY | 9PM
HBO
CANADA
HBOCANADA.COM
HBO Canada℠ Boardwalk Empire℠ and the associated logos are service marks of Home Box Office, Inc.
Used under license. © 2010 Home Box Office Inc. All rights reserved.

Airports

BOOKS
Spend a lot of time in airports? Then, you have something in common with Alan de Botton. He was invited by the owners of Heathrow to spend time wandering around their airport. The result is a small tome about the people he met, and the people who work in the airline industry.

6 DAYS

5 DAYS

Drinkology

4 DAYS

FOOD
Summer may be inching to its end, but that is no reason the entertaining needs to stop. James Waller's Drinkology: The Art and Science of the Cocktail has been updated with 40 new recipes. So whether you want a Cosmo or a Gimlet, there is a recipe for you — along with interesting tips and advice.
METRO

3 DAYS

2 DAYS

Mix of Six

Photography

Arresting Images: Mug Shots from the OPP Museum
Arresting Images offers a unique perspective on the social history and the practices of early policing in Ontario. Explore 100 reproductions of criminal photo cards (mug shots), dating from 1886 to 1908, and learn the stories behind them. Starts Saturday, The Canada Science and Technology Museum.

Car wash

Daybreak Housing's First Annual Car Wash
Got a dirty car, van, truck, RV or motorcycle? Come have an Alpha Pi Phi sorority sister or a handsome brother in blue wash and shine that for you. All proceeds go to Daybreak Housing. Saturday, 10 a.m. to 2 p.m., Westgate Shopping Centre.

Theatre

Blackbird
The Third Wall Theatre Company presents Blackbird, starring John Koensgen and Kristina Watt, a provocative, gripping and chilling play that tackles a very troubling relationship in a way that has left audiences around the world mesmerized and stunned. Friday, Saturday and Sunday, The Irving Greenberg Theatre Centre.

Beer

The Ottawa Finals of the Stella Draught Master Competition
People will be judged according to the Nine-Step Pouring Ritual. The finalist from this competition will earn a spot at the Canadians finals on September 24 in Toronto. Saturday, Lago, Dows Lake Pavilion.

Kids

Yo Gabba Gabba! Live!
Fresh off a triumphant sold-out tour debut and a headlining performance at The White House, DJ Lance Rock and the cast of YO GABBA GABBA! are coming to Ottawa with "There's a Party in My City!" Sunday, 2 p.m. and 5 p.m., Scotiabank Place.

Concert

Down with Webster
Fun loving pop-punk septet Down With Webster bring their catchy tunes and youthful ebullience to the nation's capital. Saturday, 7 p.m., Capital Music Hall.

Time to make the Saturday night Splice connection

Splice's Tori & Dean, Real Housewives have more in common than meets the eye ◐ Metro digs the links

▶ Tori & Dean

Tori Spelling's father Aaron, and Real Housewives of Washington, DC's Mary Schmidt Amons' grandfather, Arthur Godfrey, have both been nominated for Emmy awards.

▶ Real Housewives of Washington D.C.

Tori and Dean recently renewed their wedding vows, as did Ramona and Mario from the Real Housewives of New York City.

Washington's Mary Schmidt Amons, and New York City's Kelly Killoren Bensimon are both fashionistas and designers

Washington's Michaele Salahi and New Jersey's Danielle Staub are both being investigated for committing a federal offence

▶ Real Housewives of New York City.

New Jersey's Danielle Staub and New York's LuAnn des Lesseps are both trying to launch a music career.

New Jersey's Teresa Giudice and New York's Bethany Frankel are both involved in a feud

▶ Real Housewives of New Jersey,

A conscious conman

Newcomer James Wolk stars in Lone Star as loveable bigamist
TV drama features heavy actor Jon Voigt

IAN JOHNSTON
SCENE@METRONEWS.CA

Actor James Wolk says selling ladies' shoes helped prepare him for the role of bigamist conman Bob Allen in the new drama Lone Star.

"Bob's greatest tool is the ability to make people believe in him," says Wolk, who began selling shoes at 12 in his father's Michigan store.

"I learned the ability to connect with people. They aren't going to buy shoes unless they're comfortable with the person they talk to."

In Lone Star — which premieres Monday on Global — Bob's gift for gab has landed him a wife who is part of a billionaire Texas oil family that Bob hopes to fleece. Add to that another wife and con in a small town, and Bob's got a lot on his flimflam schedule.

Yet, trouble only begins to brew when Bob develops a conscience and starts having true feelings for his two families. Soon, he's scheming not only to make money, but to fix the damage he's done in both his lives.

"Bob is himself in both worlds. And both worlds fill voids in his life," says Wolk, 25.

According to Lone Star Executive Producer Amy Lippman (Party of Five), casting a relative unknown like Wolk opposite acting heavyweight Jon Voight (who plays an oil company patriarch) wasn't the original plan. But Wolk won them over.

Still, Lippman thinks there's a real advantage to having someone new on screen. "There will never be another moment in time where people won't know who he is."

"It'll be succesful if you can interest audiences in those two marriages — something that isn't always related to a secret or a lie."
AMY LIPPMAN, EXECUTIVE PRODUCER, LONE STAR

Lippman says the show can only work if the audience sides with Bob, who is "doing something really immoral" even while he's trying to make things right. Still, Lippman says Bob's lies won't ultimately make or break the show.

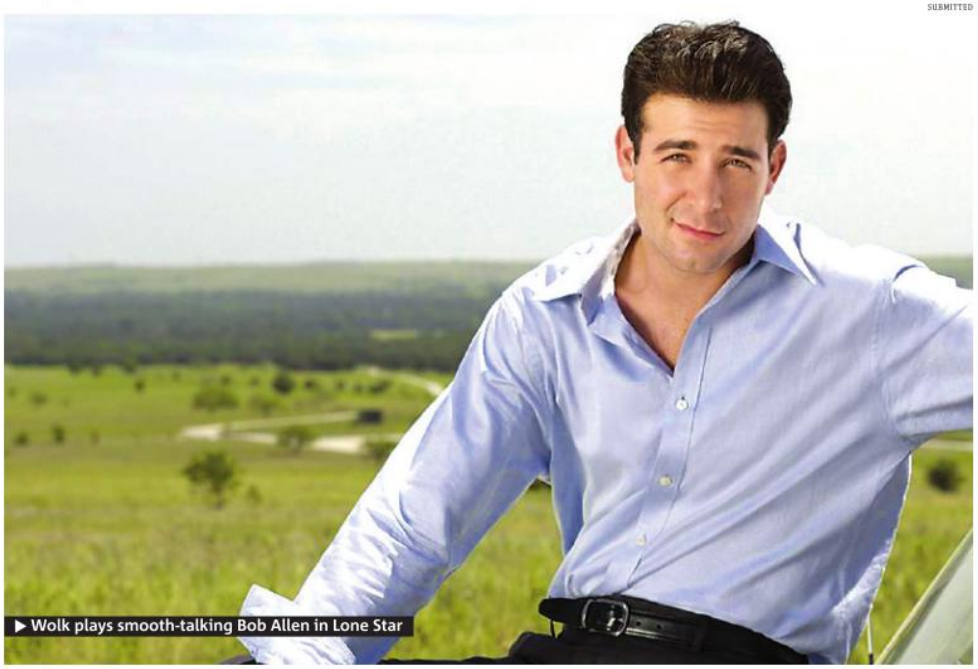
"It'll be successful if you can interest audiences in those two marriages — something that isn't always related to a secret or a lie."

Charming man

Actor James Wolk had a gift for the gab even as a young man selling shoes at his dad's Michigan store

- Newcomer advantage: "People will be discovering him (Wolk) in the role and won't bring past roles into the mix," says Lippman.
- Lone Star premieres Monday night on Global.

SUBMITTED


▶ Wolk plays smooth-talking Bob Allen in Lone Star

TV Picks

Always drama at West Bev

90210 promises a ground-shaking third season premiere as the show's glam teens contend with an earthquake in addition to their usual high-drama lives. Dixon and Annie (played by Canadian Shenae Grimes) are dealing with a shakeup at home too, as their father is no longer in the picture. (Friday, Global)

New gig for Conan O'Brien

NYPD Blue star Jimmy Smits returns to network television with his new series, Outlaw, which premieres tonight. The 55-year-old actor plays a U.S. Supreme Court Justice who resigns from the bench to start his own law firm. A piece of trivia for comedy fans: the series is executive produced by late-night star Conan O'Brien. (Friday, Global)

Don't think twice: watch

Take your pick between two award-winning biopics. MuchMoreMusic has Oscar nominee Cate Blanchett in a film about Bob Dylan's life, "I'm Not There." Or you can watch 2001 best picture winner A Beautiful Mind, in which Russell Crowe portrays Nobel laureate John Forbes Nash, Jr. (Saturday, Bravo)

Mad men's predecessor

Before taking in a new episode of the sensational fourth season of Mad Men — in which Peggy receives a gift that could jeopardize her career — why not check out its lead-in, the fledgling drama series Rubicon? In this week's episode, Will decides to move out of his apartment and a new analyst joins the team. (Sunday, AMC)

Break out your poodle skirts

Magic Moments: The Best of '50s Pop" promises to warp viewers back to rock 'n' roll's childhood. Recorded in 2001 at the Trump Mahal in Atlantic City, this special includes 20 songs from artists including Debby Reynolds, the Four Lads, the Original Crew-Cuts and Perry Como. (Saturday, PBS)

Law and Order SVU still going

Law & Order ended its marathon 20-season run back in May, but Law & Order: Special Victims Unit is still around for your weekly crime and courtroom fix. Of course, this spinoff is getting a little long in the tooth too — tonight's two-hour instalment finds the show celebrating the beginning of its 12th season. (Sunday, CTV)

Lightman smells a rat

Lightman's relationship with the FBI is tested as he investigates the murder of a journalist who got too close to a corrupt politician in the season finale of Lie to Me. But show fans won't have to wait too long for more new episodes - Season three begins in November. (Monday, Global, Fox).

THE CANADIAN PRESS

NEW VENTURES FOR BANDS RELEASING ALBUMS THIS FALL

Sound Check

H CROSS
SCENE@METRONEWS.CA

The summer was a little light for new rock releases. The fall is a different matter.

Jimmy Eat World/Invented (Sept 21):
Phoenix outfit releases their seventh album using the producer that helped shaped their early sound.

Maroon 5/Hands All Over (Sept 21):
Produced by the former Mr. Shania Twain — Robert "Mutt" Lang (a fan of the band). The band has dropped hints that this may be their second-to-last album.

Santana/Guitar Heaven (Sept 28) The Greatest Guitar Classics of All Time (Sept 21):
Carlos decides he can improve upon (or reimagine) rock standards from everyone from Van Halen to Jimi Hendrix.
Vocal help comes from Chris Cornell (Soundgarden), Scott Weiland (Stone Temple Pilots) and others.

Neil Young/Le Noise (Sept 28):
This one is coming on CD, vinyl, via an iTunes download, Blu-Ray and as both an iPhone and iPad app. Producer Daniel Lanois promises that "there's nothing else out there like it."

The Doobie Brothers/World Gone Crazy (Sept 28):
It's back to the Tom Johnson-fronted Doobies and producer Ted Templeman, the guy behind the band's big early hits. Deluxe edition features a DVD with a retrospective of the band's 40-year career.
Oh, and Willie Nelson shows up.

Phil Collins/Going Back (Sept 28):
With the Genesis reunion, work on soundtracks and health issues (including one that precluded him from playing drums), Phil's first solo album in eight years features covers of his favourite Motown and soul songs.

Soundgarden/Telephantasm (Sept 28):
Resurrected after 13 years on ice, SG reintroduces themselves to a new generation with a retrospective collection.

Bedouin Soundclash/Light on the Horizon (Sept 28):
After a hiatus necessitated by touring burnout, a new drummer should inject new life into Kingston's best known alt-ska/alt-reggae band.

Ben Folds and Nick Hornby (Sept 28):
Piano dude supplies the music. High Fidelity/About a Boy/Juliet, Naked author supplies the lyrics. This could be interesting. Or a mess.

Finger 11/Life Returns Electric (Oct 05):
Them vs. You vs. Me will be a tough act to follow, but the first single, Living in a Dream, has already reached No. 1 on the Canadian rock music charts.

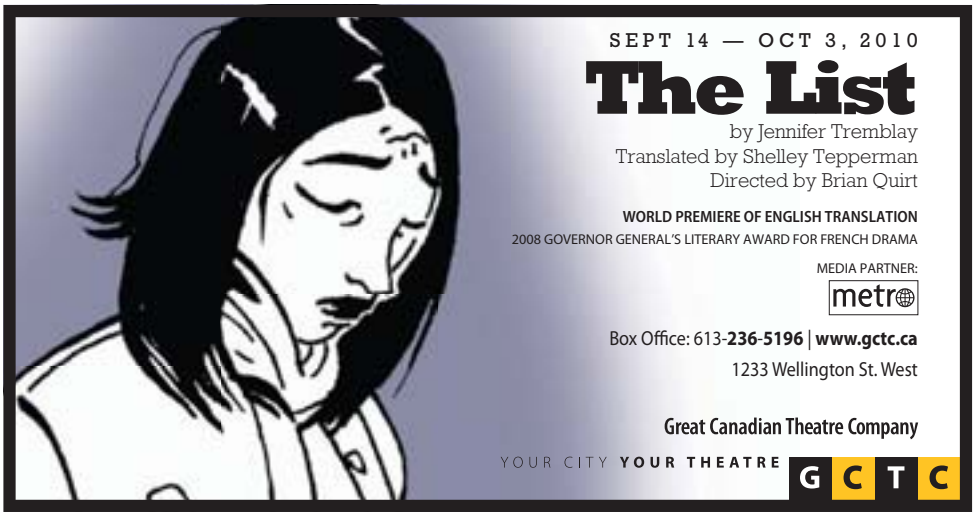
Kings of Leon/Come Around Sundown (Oct 19):
Has the requisite five-syllable album title. Some of these songs have already been road-tested.

U2/Songs of Ascent (Who knows?):
They have to get something out there to counteract the apathetic reception of No Line on the Horizon. But when?

Hudson drops pounds for a cause

She may have dropped pounds for a movie role, but a newly slimmed down Jennifer Hudson says she's gained more than a svelte figure.
"I've learned a lifestyle, and also something to bring my son up on because I want him to have a good example to be led by in being healthy and eating healthy," said the award-winning actress and singer.
The Weight Watchers spokeswoman has gone from a size 16 to a size 6. She kickstarted her weight loss regimen prior to filming an upcoming biopic in which she portrays Winnie Mandela.
Hudson is speaking out in support of the Lose for Good campaign, which launches in Canada on Oct. 3. In honour of Weight Watchers, the company will make a donation and provide other benefits valued up to $50,000 to Food Banks Canada when participants join a meeting and drop pounds. Food Banks Canada serves around 85 per cent of people accessing emergency food programs nationwide. THE CANADIAN PRESS

Looking for Something Meaningful?
Seats Available Call Now!!
Fall TESOL Certification Starts
This Tuesday Sept.21
@ 5:30pm
Fall TESOL Course:
Sept 21st - 26th
41 York Street 562-8370
Teach in: Costa Rica, Japan, Mexico, Brazil, Kenya, Spain, Colombia, Peru, Egypt, China, Poland, etc...



Blazing his own trail

Danny Michel's eighth album was recorded in Belize, Costa Rica and Holland Recorded independently, it escapes tradition and evades stagnancy

KEITH CARMAN
SCENE@METRONEWS.CA

"This is the first record of mine I enjoy listening to," admits singer/songwriter Danny Michel in regards to his latest independently-released effort Sunset Sea.

"I think you'd be hard-pressed to find any musician that likes their old albums, though. If you were content with them, you wouldn't be moving forward. I like parts of them but writing music should be a constant learning curve."

With some seven predecessors as well as accolades including Juno nominations and boasting Texas rocker Alejandro Escovedo as a dedicated fan, the Kitchener-Waterloo native hasn't exactly been issuing faltering material over the past decade-plus. However, when it comes to Sunset Sea—available at shows and via www.dannymichel.com— the affable Michel notes he has finally shed the confines of speculation and worry on a creative level.

"After I finish every album, I feel like, 'Now I get it! Now I understand what this album is about.' I can see the forest for the trees."

Surprisingly, the results on Sunset Sea showcase Michel eschewing his singer/songwriter legacy. A confident album blossoming with upbeat world-meets-Caribbean vivaciousness and virulence, it is inspired by the desire to embrace fresh elements and escape the trappings of his traditional aural spectrum. Still, Michel admits that he only realized the unrest that taking such a divergent path might cause amongst proponents after the fact.

"I was really nervous about it to be honest. I wasn't sure if people would appreciate it or point and laugh, whispering 'Did you hear what he did,' to each other behind my back."

Garnering nothing less than abounding critical and fan praise, Michel need not have worried. Sunset Sea is quickly becoming his most revered work, prompting gratitude that pundits have let their "adventurous spirit follow along" with/embrace this foray outside the confines of his well-trodden folk-inspired territory.

To that extent, Michel reveals how the experience of creating Sunset Sea was a self-discovering journey both musically and lyrically. Recording in such diverse locales as Belize, Costa Rica and Holland with guests including longtime colleague Sarah Harmer, it is the direct result of that aforementioned desire to evade stagnancy.

"I've gotten pretty sick of rock and singer/songwriter music," he declares. "I include myself in that...I find it to be sort of the same and whiny. I wanted to write some positive songs that have some greater message than, 'I'm sad 'cause this girl doesn't like me.' Sunset Sea turns up they lyrics; focuses on what's really important in life ... somehow."

Tour dates

- Vancouver: Sept 18, the Biltmore
- Edmonton: Sept 24 Arden Theatre *(in St. Albert, Alta.)
- Calgary: Sept 25, The Stage at the Marquee
- Toronto: Oct 15, 16, Glenn Gould Theatre

Dropping labels

Even some major stars have opted to supervise their own careers or shift over to minor labels.

- **Radiohead** issued 2007 opus In Rainbows on their own.
- **Counting Crows** ended an 18 year relationship with Geffen Records in 2009 in favour of autonomy.
- **Prince** pened his own NPG Records circa 1993; only two albums (2009's Lotusflow3r and last month's 20Ten) have been exclusive NPG releases.
- **Weezer** left Geffen/Interscope after 17 years for the confines of Epitaph Records this year.

▶ Danny Michel

▶ of Montreal was influenced by late '60s and '70s soul, R&B and funk music.

Heavy bass casualties

Necessary risk for of Montreal to move from psychedelic pop towards R&B

CAM LINDSAY
SCENE@METRONEWS.CA

If you happen to find the bass levels on of Montreal's newest album False Priest rumbling a lot more than usual, don't worry.

The band's leader Kevin Barnes specifically wanted to blow up your speakers, your headphones, your mind, and basically whatever else can become a casualty of such heavy bass.

Barnes says the goal was "just to make it have a heavier impact, hit your chest harder than our previous records."

By working with co-producer Jon Brion, Barnes was inspired to jack up the low end to give of Montreal's tenth album some kick.

"(Jon) was sort of obsessed with the way low end works in the mix and thought the highest highs and the lowest lows (would) create a very broad spectrum sonically.

"We thought of artists like Dr. Dre and A Tribe Called Quest and how they used it with their record, then came up with our own methods to reproduce that."

"A lot of records you hear are one dimensional," Brion says.

"They have one sound and follow the formula of that band. I've always tried to get away from any sort of formula."

GET UP TO $200 BACK IN ONBOARD CREDIT*
THIS IS WHAT YOU CALL SOME GOOD VACATION KARMA.
BOOK YOUR CRUISE TODAY. VISIT TRAVELOCITY.CA/CARNIVAL.
*Up to $200 in refundable onboard credit – based on double occupancy. Restrictions apply. Full details on Carnival.com. Ships' Registry: The Bahamas and Panama.
Carnival
travelocity.ca

The Tooth Doctor©

David J. Halpin, D.D.S.

Is Someone Snoring In Your House?

Do you live with one of the millions of Canadians who snore while sleeping? Are you the one who makes it difficult for others to get a good night's rest?

Left untreated, snoring can produce tensions and even animosity among family members. Snoring may occur during sleep because the muscles and soft tissues in your throat and mouth relax, making the breathing airway smaller. This decrease in your airway space increases the velocity of air flowing through the airway as you breathe. As the velocity of required air is increased within the constricted airway space, your soft tissues (like the soft palate and the uvula) vibrate resulting in "noisy breathing" or snoring.

There's good news, a high percentage of snorers may be treated by dentists (with specialized, advanced training), who can provide a relatively inexpensive, non invasive, and effective oral appliance similar to an orthodontic retainer or a mouth guard.

These comfortable, custom fabricated acrylic dental appliances worn at night, move the lower jaw into a slightly forward position, increasing the three-dimensional space in the airway tube. This reduces the air velocity and soft tissue vibration as you breathe. These small, adaptable devices don't interfere with breathing through the mouth, and the effects of this therapy have been remarkably consistent. Snoring is minimized in almost all patients, and is often eliminated. Even in cases of congested nasal passages, this dental appliance therapy can reduce or stop snoring and allow uninhibited oral breathing, thus promoting deeper, more restful sleep.

Readers should also be aware that snoring although harmless (but annoying) in and of itself, may also be a sign of "**obstructive sleep apnea**" **or OSA!** At certain levels of severity, complete blockage of the airway space by the soft tissues and the tongue can occur.

OSA is a serious medical condition, and proper diagnosis and localization of the sites of obstruction are the cornerstones leading to proper treatment for the OSA patient. **Diagnosis and treatment of such a disorder should be conducted by a physician**, preferably a pulmonologist cooperating with the dentist.

OSA occurs when breathing ceases during sleep due to an insufficient airway. People with this condition often stir or awaken several times during the night with an abrupt cough or gasp. Daytime symptoms may include morning headaches, chronic fatigue, irritability, high blood pressure or difficulty in thinking clearly.

In order to help determine whether or not dental appliance therapy will help you (or someone in your family who snores) see our dentist and/or a respiratory specialist. You and your loved ones can then enjoy more peaceful and healthful sleep.

Yours for better dental health,

Dr. David J. Halpin
B.Sc., D.D.S.

SMILES ON Sparks
AESTHETIC & GENERAL DENTISTRY

CREATING CONFIDENCE... ONE SMILE AT A TIME!
134 SPARKS STREET • OTTAWA, ON • K1P 5B6
TEL: 613.563.2396 • FAX: 613.563.9503
www.smilesonsparks.com

©DSW 1994 - 2010

Getting too old to rock 'n' roll?

- Phil Collins talks about how age has affected his ability to play drums
- Looks back on his time of playing with Genesis as he releases new disc

GUILLAUME B. DECHERF
SCENE@METRONEWS.CA

GETTY IMAGES ENTERTAINMENT

▶ Phil Collins.

Phil Collins, who will be 60 in January, has admitted he may be getting too old to rock 'n' roll. The ex-Genesis skinsman now has to tape drumsticks to his hands because his fingers are too weak to hold them properly.

Maybe it's no surprise then he has opted to release a new album of mellow soul classics.

He spoke to Metro.

A year ago, you said you couldn't play the drums anymore. How do you feel today?

My body doesn't work like it used to. I have reached an age when the equipment is starting to wear out. I had an operation last spring and the doctors told me that maybe everything would be back to normal within a year. I'm not sure this will come true and I prepared myself for the prospect of not being to play the drums anymore.

How did you do to play the drums on your latest album ?

With the help of technological miracles such as ProTools and my sound engineer Ivan. I would tape the drumsticks to my palms because I have no strength in my fingers. We would do two or three takes to get the groove, then we would start again for the rhythm, and put everything together the best we could.

Were your musician friends of any help ?

Of course. Mike Rutherford of Genesis gave me the address of a specialist he knew, as did Bryan Adams and Eric Clapton. Larry Mullen, of U2, even offered his help, although I didn't know him that well.

It was a great comfort. I have two main problems, my wrist and my back.

The album Going Back only contains cover versions of soul hits. Why didn't you write new songs of your own?

What can I say? Some people will be happy with that and will be disappointed. Let's say I decided to do what I liked. I didn't want to create anything new, I just wanted to focus on titles I love and that I always wanted to sing.

In the '80s, you were an easy target. Were you affected by that?

I got used to it. It wasn't "in" to listen to Genesis or Phil Collins at the time, even though I think times are changing today. I did things I was proud of and some others that were just failures, but honestly, I've turned that page. Go back to acting? My sons would be horrified. I'm not interested. As I'm not interested in anything that threatens the harmony of my everyday life.

writers festival
613.562.1243 writersfestival.org

DON'T MISS THESE
PRE-FESTIVAL SPECIAL EVENTS

TONIGHT: SEPTEMBER 17 @ 7:30 PM
THE TIGER: A TRUE STORY OF VENGEANCE AND SURVIVAL
with John Vaillant
Nicholas Hoare, 419 Sussex Drive (A Free Event)

SEPTEMBER 20 @ 7:00 PM
SANCTUARY LINE with Jane Urquhart
Hosted by Elizabeth Hay
Mayfair Theatre,1074 Bank Street

SEPTEMBER 27 @ 7:30 PM
DAVID SUZUKI: THE LEGACY LECTURE
Dominion Chalmers United Church, 355 Cooper
Presented with Carleton Universtiy

STILL AHEAD: John English, Denise Chong, Margaret MacMillan, Tim Cook, Dan Snow, Joseph Boyden and John Ralston Saul.

COMPLETE 2010 FALL EDITION SCHEDULE NOW ONLINE!

OCTOBER 20–26

WORLD DRAUGHT MASTERS
LONDON, UK - 28 OCTOBER 2010

PARTY† TAP-SIDE AS HISTORY IS MADE.

If you're going to party, why not party in the presence of greatness? This September 18 join us, as Ottawa's preeminent pourers will meet to determine who is the best of the best when it comes to pouring a flawless pint of Stella Artois. Come raise a chalice and cheer them on as they compete to represent Ottawa at the National Finals in Toronto.

The 2010 Stella Artois Canadian Draught Masters Regional Finals
September 18, 2010, at 7:00 p.m.
Lago at Dows Lake Pavilion, Ottawa

Visit ClubStellaArtois.com to learn more.

†Event subject to change. See ClubStellaArtois.com for up-to-date listings. Entrance subject to capacity. Must be legal drinking age to enter.
TM/MC InBev NV/SA.

Getting past 'the fashion face'

Much-photographed fashion consultant and front row regular Yasmin Sewell is a pro at navigating the competitive fashionistas, insane schedules and traffic jams that make up the four fashion weeks.

ROMINA McGUINNESS
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

THE INTENSITY

"Fashion week is hectic from start to finish. I start each morning by analyzing the show schedule, which is usually epic. Next, I cram in my appointments. The front row is especially intense. How you feel depends on your state of mind. Sometimes you're comfortable in your own skin. But if you're not feeling your best, it can be difficult. You're in a confined space where you know everyone and everyone is essentially a competitor."

THE FASHION FACE

"I find it hard to hide it when I'm impressed or not impressed with the clothing. If I care about the designer, I just want to jump up and down. But I have to restrain myself. Everyone else has their 'fashion face' on. They show no emotion so as not to give away what they're thinking."

THE RANKINGS

"Of the four Fashion Weeks, London is my number one. I have an emotional attachment there. Then it's New York. I love the city and although it's not always the best fashion, it's fun and energizing. Third up is Milan as the food is amazing. Paris is beautiful and it's where all the fashion happens, but it's the final city. By then, I'm tired and don't really get to enjoy it as much.

THE PAPARAZZI

"I'm not very comfortable in front of the camera so I just laugh at it and get the nervous giggles. Maybe I should try to work a cool pout."

THE MAINTENANCE

"I'm hopeless with makeup, but I do moisturize to give my skin a healthy, dewy look. I eat well and that keeps my skin glowing. I'm more about how I feel in my body than makeup. In Paris I have a masseuse on speed dial. Meditation is key in keeping me going so I try to do it twice a day. It completely balances you and relieves stress from the body."

▶ The always-stylish Yasmin Sewell is a favorite of the fashion paparazzi.

What makes Sewell a front row regular?

- She's the former owner of Yasmin Cho, an exclusive shop, which was once labeled one of the most influential boutiques in the world by The New York Times.
- She's one of the industry's most known and photographed fashion consultants and has worked with brands such as Acne, Rick Owens and the iconic English department store Liberty of London.

• SUPPORT FOR SENIORS • FINANCIAL ISSUES • COPING WITH DISABILITIES • STRESS AND BEREAVEMENT • EMOTIONAL HEALTH • SETTLEMENT SERVICES •
UNTANGLE LIFE'S CHALLENGES

DIAL
211
Connecting you to a full range of non-emergency community, social, government and health services
• FREE • CONFIDENTIAL • MULTILINGUAL • OVER 150 LANGUAGES
www.211ontario.ca

CapitalOne
Just for laughs Comedy Tour '10
10th Anniversary
Alumni Edition
October 29, 7:00 pm
National Arts Centre
with Special Guest

Jeremy Hotz
Most likely to like nothing
Tickets on sale now!
Tickets available at: NAC Box Office
Ticketmaster 613.755.1111 www.ticketmaster.ca
Hosted by

Frank Spadone
Most likely to miss his mama's cooking
and featuring

Robert Kelly
Most likely to become fat, then skinny, then fat again

Gina Yashere
Most likely to speak with a British accent

Ryan Hamilton
Most likely to marry rich and invest well

Victor
Most likely to become a mascot
CapitalOne
Capital One
Most likely to sponsor a tour
Just for laughs Live
HAHAHA.COM /COMEDYTOUR
Line-up subject to change.

Woman has power to shut down the Net

- Seven people hold a code allowing them to shut down or reboot the Net
- In an emergency key-holders would need to reach an operational centre

RICKARD LINDHOLM
METRO WORLD NEWS IN SWEDEN

It sounds like the plot from Bond movie — an international team of seven key figures who have the power to switch off the Internet.

Except this is real life and Anne-Marie Eklund Löwinder, head of quality and security at domain name foundation .SE, really does have that power over the world wide web.

She is one of seven people around the world entrusted with a secret code key which would allow her to close down and 're-boot' the Internet in the event of a disaster.

She spoke to Metro Sweden's Rickard Lindholm:

You are one of seven people who can "save the Internet" — how?

The international organization called ICANN started the project on the initiative of the U.S. Department of Commerce.

In the U.S. there are two operational centres, one on the East coast and one on the West coast where the code keys are updated four times a year and if the Internet was attacked three of the seven people who have access to the code key need to get to one of the operation centres to restore the system.

Could someone actually sabotage the system?

If three of the seven with code key access couldn't get to the place to restore the system there are another seven back-up people.

If nobody manages to get there, if the U.S. for example closed its borders, ICANN can still drill open the safes and restore the system.

So, they've got it covered from all angles.

What would happen if the system wasn't updated for some reason?

Eventually the screens would go black, the code keys must be updated.

What does DNSSEC mean?

DNS is a data base that translates domain names to IP addresses and that has worked fine for more than 20 years, but a couple of years ago a new way to attack this system pretty easily and quickly was discovered.

An attacked domain name can give you information from another source than is displayed.

With DNSSEC all information is authorized and it is certified that all information comes from the right source.

"If three of the seven with code key access couldn't get to the place to restore the system there are another seven back-up people. If nobody manages to get there, if the U.S. for example closed its borders, ICANN can still drill open the safes and restore the system."

ANNE-MARIE EKLUND LOWINDER

MARTIN GRIFFITH / THE ASSOCIATED PRESS

▶ Anne-Marie Eklund Löwinder is one of seven people in the world with the power to shut down or reboot the Net.

Holding power

- Anne-Marie Eklund Löwinder (shown), 52, is Head of quality and security at .SE.
- .SE is a private foundation charged with the responsibility for the Internet's Swedish top-level domain .se.
- ICANN — Internet Corporation for Assigned Names and Numbers — was formed in 1998.
- It is a not-for-profit public-benefit corporation with participants from all over the world dedicated to keeping the Internet secure, stable and interoperable.
- Lists of all ICANN crypto officers: root-dnssec.org/tcr/selection-2010/

CROSSTOWN TRAFFIC
BOOKS
PIPES
DVDs

2 LOCATIONS:
593 Bank St.
in the Glebe
613-234-1210
396 Athlone Ave.
in Westboro
613-728-4800

Designer shows pics

Chanel visionary Karl Lagerfeld showcases his photos

He's an uncontested master with a pen and sketchbook, on which he's been rattling off blockbuster ready-to-wear and haute couture collections for decades. But Chanel designer Karl Lagerfeld is also gifted with a camera.

A new Paris exhibition showcases the gamut of Lagerfeld's photography, from his commercial work for Chanel to celebrity portraits for magazines to more experimental landscapes and architectural pieces.

The show — which kicked off Tuesday with a star-studded and Champagne-soaked opening at the Maison Europeene de la Photographie — brings together about 300 of the designer's shots in the largest-ever exhibit of his photographs.

Lagerfeld first took up photography in 1987, and the show, "Parcours de travail," or "Career Path," features sober landscapes as well as portraits soaked in eye-popping colours or printed on glitter-covered paper.

There are, of course, the obligatory fashion photos. Lagerfeld, who designs for Chanel, Italian fashion house Fendi and his own signature line, has long shot the press kits for the labels, churning out photos of models sporting clothes from his collections.

From there, he branched out into ad campaigns for the lines. (He is behind Chanel's latest campaign featuring waifs sporting Chewbacca fake-fur skirt suits as they lounge on New York City fire escapes.)

Standouts include "Couture 18eme Vogue," a 1998 series he shot for the fashion magazine, a period scene featuring models in towering powdered wigs and merengue-like ball gowns playing cards and tossing back Champagne in an old French town house.

A 1992 series also for Vogue features close-ups of Canadian supermodel Linda Evangelista, her face painted in colour blocks of cherry red, teal blue, bubblegum pink and saffron in the style of renowned Expressionist painter Alexej Jawlensky.

Lagerfeld is a passionate connoisseur of modern art, and many of the photos in the show reflect that. Besides the Jawlensky series, there are homages to Oskar Schlemmer, the German artist at the Bauhaus school, and to U.S. painter Roy Lichtenstein's signature pop art style.

Other celebrity portraits — displayed on a massive wall, like a checkerboard of the beautiful, the thin, the rich and the famous — include shots of fashionistas from Claudia Schiffer to Eva Herzigova and actors including Jack Nicholson and Monica Bellucci.

THE ASSOCIATED PRESS

Highlights

- **Couture 18eme Vogue** features models in tall wigs and gowns playing cards.
- **Men and Nature** juxtaposes shots from underneath the Eiffel Tower with the underside of the tree.

FRANCOIS MORI/THE ASSOCIATED PRESS

▶ German fashion designer Karl Lagerfeld, left, with New York architect Peter Marino, pose during the opening of his photo exhibition at the European House of Photography in Paris, France.

BEAU'S ALL NATURAL BREWING CO. PRESENTS...
VANKLEEK HILL
OKTOBERFEST
DELICIOUS BAVARIAN INSPIRED FOOD BY TOP LOCAL RESTAURANTS!
FIVE DIFFERENT STYLES OF BEAU'S BEER + BARVOLO'S CASK DAYS!
EVENTS FOR THE WHOLE FAMILY! HAYWAYGON RIDES & BREWERY TOURS!
LIVE MUSIC BY... SCHTEEV UND DIE LEDERHOSERS (SAT & SUN), LUTHER WRIGHT & THE WRONGS (SAT), DRAG THE RIVER (SUN) AND MORE!
BEAU'S SIGNATURE FUNDRAISING EVENT TO SUPPORT THE UNITED WAY, VKH AGRICULTURAL SOCIETY & CANADIAN ORGANIC WEEK!
ADVANCED TICKETS $15 • KIDS $5 • BUS PACKAGES $25
PRICE INCLUDES ADMISSION, FREE BEVERAGE (INCLUDING BEER), SOUVENIR ALPINE HAT AND PRETZEL! • 2DAY PASSES & CAMPING AVAIL.
TICKETS AVAILABLE AT... ALL BRIDGEHEAD LOCATIONS, THE PIGGY MARKET, BEAU'S ALL NATURAL BREWING CO. & ONLINE AT BEAUS.CA
OCT 2ND & 3RD Visit... BEAUS.CA for tickets & all the details!

SPECTRA SONIC PRESENTS
PUNK OTTAWA COM TICKETWEB ticketmaster VERTIGO RECORDS
DAVID BAZAN + BAND
WITH MALE NURSE
MONDAY SEPTEMBER 20
MAVERICKS
19+
NORM MACDONALD
WITH KEVIN FARLEY
THURSDAY SEPTEMBER 23
BRONSON CENTRE THEATRE
AA
WINTER GLOVES
with special guests
ENNUIE
STREET MEAT
THURSDAY SEPTEMBER 23
MAVERICKS
19+
WINTERSLEEP
with special guests
BESNARD LAKES
RAH RAH
THURSDAY OCTOBER 28
CAPITAL MUSIC HALL
19+
TONIGHT- SUBHUMANS @ MAVERICKS • 09/18 - YOUNG RIVAL, WEATHERMAKERS @ MAVERICKS • 09/24 - COMEBACK KID @ RITUAL • 09/26 - ANTI-FLAG @ RITUAL • 09/27 - MURDER BY DEATH @ MAVERICKS • 09/28 - VILLAGERS @ MAVERICKS 09/30 - DEERHOOF, XIU XIU @ CAPITAL MUSIC HALL • 10/01 - LIARS @ RITUAL • 10/03 - TEMPER TRAP @ CAPITAL MUSIC HALL
FOLLOW SPECTRASONIC ON twitter AND facebook WWW.SPECTRASONIC.COM FOR A FULL LIST OF SHOWS
ALL DATES, ACTS, VENUES & TICKET PRICES SUBJECT TO CHANGE WITHOUT NOTICE • A SERVICE CHARGE IS ADDED TO EACH TICKET
AA = ALL AGES • 19+ = LICENCED, PHOTO I.D. REQUIRED • TICKETS AVAILABLE AT VERTIGO RECORDS (193 RIDEAU), OTTAWA FOLKLORE CENTRE (1111 BANK), TICKETWEB.CA AND TICKETMASTER (BRONSON CENTRE / CAPITAL MUSIC HALL / CIVIC CENTRE SHOWS)

MEMBERS GET

NO FIXED-TERM CONTRACTS.

Put any of these hot phones on the new Virgin Mobile SuperTab™.

****
WHAT MAKES THE VIRGIN MOBILE SUPERTAB™ SO SUPER?
****

- Pay off your Virgin Mobile SuperTab™ just by using your phone.
- No commitment! Pay off your balance and leave anytime you want.
- VIP access to concerts and exclusive parties, plus constant freebies.
- Get it all on the speediest network.

EXCLUSIVE

SAMSUNG GRAVITY™ 3

$29.99

ANDROID™ Powered

HTC Legend™

$99.99

NEW

SAMSUNG GRAVITY™ TOUCH

$49.99

NEW

BlackBerry Curve 3G™

$29.99

Virgin mobile

IT'S BETTER TO BE A MEMBER

Remember, you can also get all of these phones on a 3-year agreement. Visit a Virgin Mobile Retailer or check virginmobile.ca for more details.

Some phone models and colours may not be available at retailers.

THE SOURCE · FUTURE SHOP · Walmart · BEST BUY · WIRELESSWAVE LOVE THE PHONE · booth · WIRELESS etc... · COSTCO WHOLESALE

For the full details go to virginmobile.ca Taxes extra. Retailers may sell for less. "Virgin Mobile" and the Virgin Mobile logo are trade-marks of Virgin Enterprises Ltd. and used under license by Virgin Mobile Canada. All other trademarks are the property of their respective owners and used with permission. BlackBerry® and related trademarks, names, and logos are the property of Research In Motion limited and are registered and/or used in the U.S. and countries around the world. With compatible HSPA/HSPA+ devices. Based on comparison of national networks and tests of average upload and download speeds, on the shared HSPA/HSPA+ network available from Bell, vs. Rogers' HSPA/HSPA+ network in large urban centres across Canada. Excludes roaming partners' HSPA and GSM/Edge coverage in certain parts of Manitoba and Saskatchewan. Speed may vary due to topography, environmental conditions, device type and other factors. HSPA/HSPA+ not available in all areas. virginmobile.ca/speed

Redemption time: Oprah forgives

Nine years after picking Franzen's The Corrections for her book club and then cancelling his appearance on her show after he expressed ambivalence over her endorsement, Winfrey has chosen his new novel, Freedom, according to three booksellers.

The booksellers asked not to be identified, noting that the talk show host is not scheduled to announce her pick until Friday.

Winfrey's decision tells a story she loves well, one of redemption, and cites a book that itself redeems a troubled Minnesota-based family. Released in late August, Freedom was virtually canonized by critics before publication and has been topping bestseller lists even without Oprah's approval. Franzen was the

ASSOCIATED PRESS

▶ Oprah's latest book pick

subject of a Time Magazine cover story, titled Great American Novelist, and anticipation was so great that President Obama secured an early copy while visiting a bookstore on Martha's Vineyard in Massachusetts.

Franzen's publisher, Farrar, Straus & Giroux, did not immediately respond to requests for comment. Angela DePaul, a spokeswoman for Winfrey's production company Harpo, would not confirm or deny the selection.

"Oprah announces her book club selections on her show and shares her reasons for choosing the books at that time," DePaul said.

Franzen, 51, is widely regarded as a leading fiction writer of his generation, but has been branded, with a scarlet "S," as in snob, for his comments in 2001 about Oprah's book club. He called some of her picks "schmaltzy" and worried about his place in the "high-end literary tradition."

But at the same time, he praised Winfrey for making some good choices and for "fighting the good fight." He apologized quickly and repeatedly, but Winfrey's mind was unchanged.

Now, with the selection of Freedom, the "S" has apparently been removed and changed to an "O," the Oprah book club logo that will appear on new shipments of the novel. Freedom had already gone into a second printing, with 300,000 copies in print, and is virtually assured of selling hundreds of thousands of copies.

Freedom is Winfrey's 64th pick and places Franzen in a special category: the rare author to have more than one book in her club. Franzen has often said he wants to write novels of substance and popular appeal. THE ASSOCIATED PRESS

IN STORES SEPTEMBER 14
YOU COULD WIN LETTERS TO JULIET ON DVD!
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com

BDO www.bdodebthelp.ca
Let BDO help you get on the road to financial stability
- **Avoid** bankruptcy
- **Consolidate** debt into one manageable monthly payment
- **Stop** interest
- **Stop** harassing calls from creditors
- **Protect** your home and car

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.
Serving Canadians since 1958
More people choose BDO than any other firm in Canada*
Free Consultation - Convenient, confidential appointments
The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579
BDO Canada Limited *OSB Statistics
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators

IN THEATRES SEPTEMBER 24
YOU COULD WIN A PASS FOR TWO TO SEE AN ADVANCE SCREENING OF YOU AGAIN!
VISIT clubmetro.com TO ENTER
To register and for full contest details visit clubmetro.com. No Purchase necessary.

NAC PRESENTS
Geggie
JAZZ series
Saturday, September 18
7:30 p.m. | NAC Fourth Stage
Concert in collaboration with the Embassy of France
Tickets $28
John Geggie - double bass
Nancy Walker - piano
Jérome Sabbagh - tenor saxophone
Ethan Ardelli - drums
NATIONAL ARTS CENTRE CENTRE NATIONAL DES ARTS
FOURTH STAGE QUATRIÈME SALLE
NAC Box Office Mon.– Sat. 10 a.m. to 9 p.m.
Billetterie du CNA Lun.– Sam. 10 h à 21 h
613-947-7000 x620
ticketmaster.ca
613-755-1111

▶ Not so long ago, Oprah disinvited Franzen on her show after he criticized her book club.

TASTEFULLY IRISH
D'Arcy McGee's
primepubs.com

THE BAVARIAN DRINKING CURVE

From October 4th to November 28th

Wednesday Night
East Coast Kitchen Party.

$4.99 (20 oz.)
Keith's IPA
and Keith's Red

3 litre table keg
to share
$19.99

Double pints.
5 p.m. to close
Live music.
Every Thursday.
Friday nights are
going to be so jealous.
$10.49
Double pints
$5.49
20 oz. pints
Live acoustic music

2 Pint Fridays
4 p.m. to 6 p.m.
Yes, the most beautiful thing in
the world is Irish math.

2 pints of beer for $9.99
Guinness® Harp® Kilkenny® or Smithwicks®

Please visit **darcymcgees.com** to find your local pub.
Find us on facebook at: **primepubs.com/facebook**

Prices may vary by location. Plus applicable taxes. D'Arcy McGee's is a registered trade-mark of Prime Restaurants Inc. Used under licence © 2010 Prime Restaurants Inc.

Ottawa

Get a taste for heritage at Pinhey's Point!

Small photo tag lines

This Saturday, join local beer connoisseur Geoffrey Skeggs at Pinhey's Point Historic Site's annual **Craft Beer Tasting** event!

Get a taste for a variety of local brews and pair them with some fancy local foods. Learn about the brewing process and whet your appetite for March Township's local brewing history while you enjoy the 1820 stone mansion's breathtaking view of the Ottawa River.

Tickets cost $35. Begins at 7 p.m.
Must be of legal drinking age.

Pinhey's Point Historic Site
270 Pinhey's Point
Dunrobin, ON
Call 613-247-4830 or visit
Ottawa.ca/museums for more information.

Pinhey's Point

Billings Estate National Historic Site
May 9 to October 31, 2010

Lieu historique national du domaine Billings
Le 9 mai au 31 octobre 2010

City services 3-1-1
TTY 613-580-2401

▶ 015_Photo Caption Xxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxxx

THE CIVIC ELECTION STORY

An exhibit presenting the civic election story from 1855 to 1955

BATAILLE DU SCRUTIN :
L'HISTOIRE DES ÉLECTIONS MUNICIPALES

Une exposition présentant l'histoire des élections municipales de 1855 à 1955.

Cast your vote on Ottawa's past at the Billings Estate's temporary exhibit, *Battle of the Ballot: The Civic Election Story*. Meet Ottawa's past mayors and compare their most contentious issues with ours today - just in time for the City's October election.

The exhibit is open 11 a.m. to 5 p.m. Wednesday to Sunday until October 31.

Billings Estate National Historic Site
2100 Cabot St
Ottawa ON K1H 6K1
Call 613-247-4830 or visit
Ottawa.ca/museums for more information.

MUSÉE DU DOMAINE BILLINGS ESTATE MUSEUM

Landing a deal at TIFF

CHRIS YOUNG/THE CANADIAN PRESS

▶ Robert Redford promotes his new film The Conspirator.

Robert Redford's Sundance Film Festival has hooked up scores of eager young directors with theatrical distributors.

Now Redford has succeeded at the same independent game he helped establish with Sundance: He came to the Toronto International Film Festival with a drama made outside of Hollywood and went away with a deal to land it in theatres.

Acquired Wednesday by Lionsgate and Roadside Attractions, Redford's Abraham Lincoln assassination saga The Conspirator arguably was the biggest film to enter the prestigious Toronto festival without a distributor already in place.

Redford had been to the Toronto festival before with a film he directed, 1992's A River Runs Through It. People had asked him about the possibility of premiering The Conspirator at Sundance in January, but he never considered it, recalling the mixed feelings he had when his own festival premiered a film in which he starred, The Clearing, in 2004.

"I was uneasy about that and still am and think that was a mistake. I don't ever want to do that again. I see that as too dangerously self-serving, and I just don't want it," Redford, 74, said in an interview.

The Conspirator is a $20 million production, small by Hollywood standards but huge for the independent world, where movies often are made by unknowns who max out their credit cards just to cover the basic costs of filming.

The story of The Conspirator also is huge, chronicling the little-known aftermath of the assassination, when boarding-house owner Mary Surratt (Robin Wright) was put on trial at a military tribunal along with male defendants accused of plotting with Lincoln's killer, John Wilkes Booth.

Reluctantly recruited to defend Surratt, a Union war hero (James McAvoy) gradually comes to doubt his own government's motives, viewing his client as a scapegoat in a sham trial.

The Conspirator is the first production financed by the American Film Co., launched by billionaire Joe Ricketts, who founded the online brokerage Ameritrade and whose family owns the Chicago Cubs. Ricketts started the production outfit to make films based on American history.

Wright, like many Americans, knew nothing about the conspiracy trial that followed the assassination.

"The household name was Booth growing up in history class," Wright said. "That's all I remember."

The film is stacked with rhetoric about civil liberties and constitutional rights, lines that could come from the mouths of critics assailing tribunals and detention of suspects in today's war on terror.

"The fact that the comparisons are there, it's partly because it's about a miscarriage of justice, which I think is completely part of the human experience. Not just the recent experience of post-9/11 Western countries," McAvoy said. Redford "was at pains not to let us really ram it down people's throats. Some of the lines we had to change as well because they were just too on the nose, and some of the stuff that some of the characters said were like quotes from many politicians of today."

Redford said he was cautious about the rhetoric, saying, "I have been framed — maybe it's my own fault — framed as somebody that's doing political films with a liberal bent to them."

Any parallels to today arose entirely from the story unfolding in The Conspirator, he said.

"The beauty of it is, this is not something that a filmmaker invents to put in there as a kind of a lesson to be learned or something to be preached to get attention. History provides it," Redford said. "History is a series of loops. Patterns keep repeating themselves. If you get McCarthy, you're going to get Nixon, and you're going to get Bush. You're just going to get that. You're going to get those patterns."

The Conspirator co-stars Kevin Kline, Evan Rachel Wood, Alexis Bledel, Justin Long, Tom Wilkinson and Colm Meaney.

Lionsgate and Roadside Attractions plan to release the film next spring, timing that suits Redford, who said he senses renewed interest in the assassination with an off-Broadway play about Booth and other Lincoln-related projects.

"It feels like the time for this is kind of now. Because something's getting in the air right now about Lincoln.

THE ASSOCIATED PRESS

National Gallery of Canada
Musée des beaux-arts du Canada
380 Sussex Drive, Ottawa 613-990-1985
Organized by Tate Modern, London, in association with the National Gallery of Canada. Jeff Koons, *Rabbit*, 1986. MCA, Chicago. Partial gift of Stefan T. Edlis and H. Gael Neeson. © Jeff Koons. Photo: The Eli and Edythe L. Broad Collection, Los Angeles. Douglas M. Parker Studio, Los Angeles.
Ottawa Citizen LeDroit
CBC Radio-Canada Canada

No one calls me Gordon

GETTY IMAGES

▶ Musician Sting shakes hands of fans after performing on CBS' The Early Show on July 15.

One of rock's great survivors Sting is touring his Symphonicity show. The 59-year-old started his career by forming new-wave band The Police in 1977. After a string of worldwide hits he launched a multi-platinum solo career and continues to sell out arenas all over the globe. He has won 16 Grammy Awards. Before performing in Moscow the star spoke to Metro Russia's Dasha Lanskaya.

You've been singing for 40 years now — how do you manage to keep it interesting?

The point is to keep it unpredictable. I love to surprise my fans and never make them feel bored. That's the main secret of my mixed-age audience. Besides that, people who come to my concerts know that I love what I do and it makes them reciprocate. Now I feel that my fans like the idea with the orchestra, they really enjoy the sound. I take risks and try something unusual and my fans seem to like it.

Your daughter Coco Sumner has launched her own career as a singer — is she any good?

I don't think I have a right to evaluate what she does.

Lohan getting back to her partying ways

Friends share their concern

Friends are already starting to worry about Lindsay Lohan slipping back into her old partying lifestyle after the troubled actress was spotted pulling an all-nighter at New York nightclub the Boom Boom Room, according to Us Weekly.

"It's the same old cycle of lying and denials," a source says.

"She's telling everyone she didn't go out. We're like, 'Lindsay, people saw you there!'" Lohan reportedly hit the club less than three weeks after leaving rehab.

"Everything that she went through seems not to have changed her a bit."

METRO

▶ Lindsay Lohan

Affleck having woman troubles

Ben Affleck insists that he loves his family, but sometimes it's hard being the low man on the totem pole.

"I just know what it's like to be a serf that just does things," Affleck tells Ellen DeGeneres about life with Jennifer Garner and their two young daughters.

"I take orders from people that cannot speak. And yet still they are higher up on the food chain than I am."

And being the only man in the equation isn't easy, either.

"I have three women in the house," Affleck says.

"I get to be wrong three times a day." METRO

▶ Ben Affleck

Cheating claims persist for Kutcher

While Ashton Kutcher has denied Star magazine's claims that he's been cheating on Demi Moore, another woman has come forward, telling the magazine she was picked up by the Punk'd star.

"I felt totally comfortable in his arms," the 21-year-old tells the magazine. "It was tender and nice, not some random sex act." Kutcher's lawyer has struck back, saying in a statement, "Star Magazine continuously publishes lies about Ashton Kutcher and many other celebrities."

METRO

GETTY IMAGES

▶ Ashton Kutcher

Talking points

Jackson family suing AEG

EVERYONE IS AT FAULT FOR MICHAEL'S DEATH BUT NOT MJ HIMSELF Michael Jackson's family is suing concert promoter AEG for allegedly forcing the singer into a grueling rehearsal schedule that led to his death, according to People magazine.

The lawsuit, filed this week in Los Angeles, alleges that Jackson was "shivering and disoriented" at his final rehearsal.

"AEG had legal duties to Michael Jackson to treat him safely and to not put him in harm's way," the lawsuit states.

"But AEG, despite its knowledge of Michael Jackson's physical condition, breached those duties by putting its desire for massive profits from the tour over the health and safety of Michael Jackson."

METRO

Kanye still apologizing

LET IT GO BUDDY Kanye West is still going out of his way to explain his outburst at last year's MTV Video Music Awards, when he stormed the stage and interrupted Taylor Swift's acceptance speech.

"The incident wasn't about Taylor personally. And it definitely wasn't about race. Where I messed up is, at the end of the day, it's your show, Taylor. It's your show, MTV," West tells XXL Magazine.

"I had thrown a Molotov cocktail at my own career, and it gave me an opportunity, for the first time, to go away and find out who I was. Because I felt very alone."

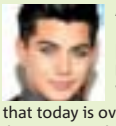
METRO

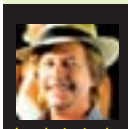
Kanye is more annoying when he's trying to be nice.

Celebrity tweets

Steve Martin [@SteveMartinToGo] Going to bed now. It's late. Wait, I'm in Korea. It's noon. Hey, let's have lunch!

Sam Ronson [@samantharonson] Sure I'll give you a cigarette for free. The light is gonna cost you $10, though.


Adam Lambert [@adamlambert] Very glad that today is over. So tired I'm gonna go bed without brushing my teeth.


David Spade [@DavidSpade] the good news: brad pitt is shooting a movie in stage next to mine. The bad news: 3 people thought i was Shilo

METRO

Enter and you could win a trip to attend:
scotiabank nuit blanche
For one sleepless night experience Toronto transformed by artists
october 2, 2010 - sunset to sunrise
For more info on the event and special hotel rates:
416-392-2489 | scotiabanknuitblanche.ca
Produced by Toronto
Scotiabank
One winner will receive a VIP arts weekend including:
• 2 round-trip train tickets from VIA Rail
• A two-night stay at a Marriott hotel in Toronto
• 2 tickets for Banana Shpeel from Cirque du Soleil
• 2 tickets for iD from Cirque Eloize
• VIP access at Scotiabank Nuit Blanche 2010
To enter: metronews.ca/ottawa
VIA Rail Canada
Marriott Toronto Bloor Yorkville
sonycentre.ca

3 life

Super Food

Berries

The health benefits of berries and walnuts could include activating the natural house keeping and anti-ageing of our brains. Recent studies by the American Chemical Society have shown that the whole fruit extracts of both berries and walnuts activated the process referred to as "autophagy" in the cells. This cleans up and recycles proteins linked to age-related memory loss and mental decline.

ROMINA MCGUINESS

Make ahead of time: Recipe for Mediterranean chicken and artichoke pie. Scan code for recipe

Food fit for the stars

Hungry Hollywood celebrities turn to the Elmore sisters for practical, nutritious meals

Jewels and Jill Elmore know what John Travolta has in his fridge, the food Arnold Schwarzenegger and Maria Shriver are serving dinner guests and that Jennifer Aniston is high on energy-giving nutritious foods.

The two sisters are personal chefs to many of Hollywood's celebrities, often travelling with them or preparing the daily menus for their families at home.

Although the pair didn't have formal culinary training, "we attended a lot of cooking and nutrition classes before joining a catering company," says 43-year-old Jewels.

But as word spread about the sisters' abundant talent for food shopping and preparing delicious meals, they decided to start their own business.

"So we are employed by one client at a time to work their home on a full-time basis," says Jill, 40.

Raised in California in a large and closely knit Mexican-American family, the pair learned their culinary skills mainly from a grandmother.

▶ Jewels and Jill Elmore say they're looking forward to trying Toronto's restaurants.

▶ The sisters emphasize fresh, wholesome ingredients, as in this peach and raspberry dessert.

And what makes them sought after is their emphasis on healthy eating. This is particularly important to the celebrity clientele they have amassed.

"Sometimes our clients are working on a specific movie role and they have to lose a few pounds for a bathing suit shot," says Jewels. "And there are others who have to gain some weight.

"Most of all, the people we work for are really concerned about consuming healthy fresh foods so they can keep their energy levels up."

The pair shop at farmers markets, fishmongers and butchers for the food they serve their clients.

"We tell them what we have that is fresh and give them some options for what we can make them that day," says Jill.

Both sisters have young boys — one is 2 1/2 years old while the other is three. "At the moment we are sharing a job because of two small children,"

THE CANADIAN PRESS

Pro tips

Personal chef sisters Jewels and Jill Elmore share some of their cooking tips:

- **Fishy** When you saute or grill fish, preheat the oven to 230 C (450 F) before you begin cooking. If the fish browns before it has cooked through, finish it for a few minutes in the oven.
- **Hot pot** Always make sure the pan you cook with is very hot before you begin. You'll use less oil because the heat disperses it quickly and evenly and everything will cook better.

RECIPE

The task of feeding celebrities is not for the faint-hearted, to be sure, but Jewels and Jill Elmore have it down pat, and are changing the way many famous stars eat. Here from their cookbook The Family Chef is a special dessert they created.

Preparation:

Peach and Raspberry Crisp

1. Preheat oven to 190 C (375 F).
2. In a large bowl, combine raspberries and peaches. Add lemon zest, lemon juice, honey, sugar and flour. Toss gently to coat. Place mixture in bottom of 4 ramekins, dividing evenly.
3. In a bowl, combine bran cereal, almonds, brown sugar, cinnamon and nutmeg. Add butter and combine until crumbly. Place mixture on top of fruit, dividing evenly.
4. Bake for 35 to 40 minutes or until bubbly. If topping is browning too quickly, tent with foil for the last 10 minutes.
5. Let cool for 10 minutes before serving. Garnish with fresh raspberries and mint. Makes 4 servings.

Ingredients:

Peach and Raspberry Crisp

- 170 g (6 oz) raspberries
- 750 ml (3 cups) peaches, peeled and sliced
- 5 ml (1 tsp) lemon zest
- 5 ml (1 tsp) lemon juice
- 15 ml (1 tbsp) honey
- 50 ml (1/4 cup) granulated sugar
- 30 ml (2 tbsp) all-purpose flour

Topping

- 300 ml (1 1/4 cups) bran cereal
- 125 ml (1/2 cup) sliced almonds
- 125 ml (1/2 cup) brown sugar
- 5 ml (1 tsp) cinnamon
- Pinch ground nutmeg
- 50 ml (1/4 cup) cold butter
- Fresh raspberries and mint sprigs, for garnish

Buzz building as camps open

Hot topics

Players return to their clubs Friday as training camps open around the NHL
Here's a look at five burning questions as teams start preparing for the regular season

1. CUP HANGOVER?

The Chicago Blackhawks have been the talk of the hockey world — as much for their unusual off-season as their Stanley Cup win in June. With a number of players who helped make them a champion now calling other cities home, it will be interesting to see how coach Joel Quenneville incorporates a number of new faces into his lineup. Also, after an extremely short summer, are the competitive fires still burning in Chicago?

2. GOALIE GAME

Antti Niemi has taken his talents — and Cup ring — to northern California, where he's expected to split the Sharks crease with Antero Niittymaki. Who will emerge as the go-to guy in San Jose? After a decade in Dallas, Marty Turco is now playing for Chicago. Can he rebound from a tough year? Michael Leighton started Game 6 of the Stanley Cup final for Philadelphia. Will he be in goal when the Flyers open the 2010-11 regular season?

3. READY ROOKIES

While most expect top pick Taylor Hall to play in Edmonton this season, it remains to be seen how many others from the 2010 draft class will make the jump with him. Tyler Seguin, selected second by Boston, seems like a good bet — as do the rest of the top-5 selections: Florida's Erik Gudbranson; Columbus' Ryan Johansen; and Nino Niederreiter of the New York Islanders. A second-round pick has occasionally made a surprising ascension in the past ... are there any of those out there?

4. PUT ME IN, COACH

Guy Boucher is just 39 years old and finds himself running an NHL training camp for the first time as head coach of the Tampa Bay Lightning. Will his success in the QMJHL and AHL translate to the big leagues? After a number of years as an NHL assistant, John MacLean is finally the head man in New Jersey. Can he return the Devils back to their past glory? And how long will it take for a veteran coach — Ron Wilson in Toronto? — to find himself on the hot seat?

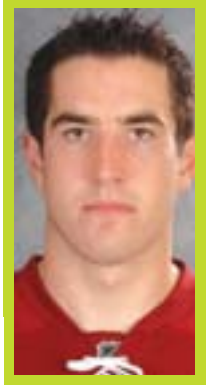
5. COMPETITIVE CANUCKS

The Vancouver Canucks break training camp with arguably the best chance of the six Canadian teams to put together a special season. They feature a bolstered blueline with the additions of Dan Hamhuis and Keith Ballard, and didn't lose any major pieces up front. Presumably, Roberto Luongo will return with a weight lifted off his shoulders after surrendering the captain's role this week. Will it all add up to Canada's first Stanley Cup championship parade since 1993?

THE CANADIAN PRESS

4 sports

Quoted



"It's pretty intimidating, especially when you're sitting across from the big-name players. I definitely don't walk up to people and start conversations."

OILERS DEFENCEMAN JORDAN BENDFELD, ON ATTENDING NHL TRAINING CAMP AS A ROOKIE

Camps bring hope things will get better

At this time of year, optimism is easiest to find in NHL cities that have endured the longest summers.

With training camps set to open around the league Friday, there's a palpable level of excitement in places like Toronto and Edmonton.

The Maple Leafs and Oilers may have finished 29th and 30th last season, but there seems to be hope that things will be different when the puck drops on this one. In Toronto, there weren't any sweeping changes, but a young core that put together a decent stretch in March is looking forward to a full season together.

"I know from talking with every guy that we're ready to get going. It's been a long enough summer."
DION PHANEUF

"It's going to be an exciting camp," said Leafs defenceman Dion Phaneuf, who was named captain over the summer. "I know everyone's excited to get going. We've been here for a couple weeks skating together, almost every guy.

"Everyone's ready to go. Everyone's excited about the start of training camp."

The majority of NHL teams will conduct medical testing Friday and hold their first on-ice sessions Saturday. The exhibition schedule opens next Tuesday and the regular season begins Oct. 7.

It will be interesting to see who Tom Renney has on the ice at Rexall Place that night when the Oilers face rival Calgary. Top draft pick Taylor Hall joins former first-rounders Jordan Eberle and Magnus Paajarvi in a bid to crack to the roster — potentially giving Edmonton the kind of young scoring lineup it hasn't seen in a couple decades.

Hall has the team's rabid fan base rushing to purchase new No. 4 Oilers sweaters. However, the 19-year-old is more than happy to share the spotlight with Eberle and Paajarvi.

"Hopefully, all three of us can have a really good camp and crack the squad and make a big difference," he said.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Tampa Bay	88	57	.607	—	—	5-5	W-1	45-27	43-30
New York	88	58	.603	½	—	2-8	L-1	49-25	39-33
Boston	82	64	.562	6½	6	6-4	W-4	42-30	40-34
Toronto	73	73	.500	15½	15	3-7	L-3	39-33	34-40
Baltimore	58	88	.397	30½	30	8-2	W-3	33-41	25-47

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Minnesota	87	58	.600	—	—	9-1	W-4	48-23	39-35
Chicago	79	66	.545	8	8½	4-6	L-2	40-30	39-36
Detroit	72	74	.493	15½	16	4-6	L-2	47-28	25-46
Kansas City	60	85	.414	27	27½	4-6	W-2	33-38	27-47
Cleveland	60	86	.411	27½	28	5-5	W-1	32-42	28-44

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Texas	82	63	.566	—	—	7-3	W-7	48-26	34-37
Oakland	72	73	.497	10	15½	5-5	L-2	44-30	28-43
Los Angeles	71	75	.486	11½	17	6-4	L-1	38-34	33-41
Seattle	55	91	.377	27½	33	2-8	L-7	33-41	22-50

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Philadelphia	86	61	.585	—	—	8-2	W-4	45-27	41-34
Atlanta	83	64	.565	3	—	4-6	L-2	52-23	31-41
Florida	73	72	.503	12	9	4-6	L-3	35-36	38-36
New York	74	73	.503	12	9	7-3	W-4	44-27	30-46
Washington	62	84	.425	23½	20½	4-6	W-2	35-36	27-48

CENTRAL DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
Cincinnati	83	64	.565	—	—	4-6	L-1	45-30	38-34
St. Louis	74	70	.514	7½	7½	3-7	L-3	43-27	31-43
Houston	70	76	.479	12½	12½	6-4	L-1	39-36	31-40
Milwaukee	67	78	.462	15	15	5-5	W-1	36-38	31-40
Chicago	65	81	.445	17½	17½	6-4	W-3	33-42	32-39
Pittsburgh	48	98	.329	34½	34½	3-7	L-4	33-39	15-59

WEST DIVISION

	W	L	Pct	GB	WCGB	L10	Str	Home	Away
San Diego	82	63	.566	—	—	6-4	L-1	42-32	40-31
San Francisco	82	64	.562	½	½	7-3	W-1	43-28	39-36
Colorado	80	66	.548	2½	2½	8-2	W-1	51-24	29-42
Los Angeles	72	74	.493	10½	10½	3-7	L-1	41-31	31-43
Arizona	59	88	.401	24	24	3-7	W-1	35-40	24-48

AMERICAN LEAGUE

Last night's results
Cleveland 3 L.A. Angels 2 (11 ings)
Minnesota at Chicago White Sox

Wednesday's results
Baltimore 3 Toronto 1
Boston 5 Seattle 1
L.A. Angels 7 Cleveland 0
Tampa Bay 4 N.Y. Yankees 3
Texas 11 Detroit 7
Minnesota 9 Chicago White Sox 3
Kansas City 6 Oakland 3

Tonight's games
(All times Eastern)
N.Y. Yankees (A.J.Burnett 10-13) at Baltimore (Millwood 3-15), 7:05 p.m.
L.A. Angels (Haren 3-4) at Tampa Bay (W.Davis 12-9), 7:10 p.m.
Toronto (Cecil 12-7) at Boston (Lackey 12-10), 7:10 p.m.
Cleveland (C.Carrasco 0-0) at Kansas City (Davies 8-9), 8:10 p.m.
Detroit (Scherzer 10-10) at Chicago White Sox (E.Jackson 3-1), 8:10 p.m.
Oakland (Bre.Anderson 5-6) at Minnesota (Blackburn 9-9), 8:10 p.m.
Texas (C.Wilson 14-6) at Seattle (F.Hernandez 11-11), 10:10 p.m.

Tomorrow's games
Oakland at Minnesota, 1:10 p.m.
Detroit at Chicago White Sox, 4:10 p.m.
N.Y. Yankees at Baltimore, 7:05 p.m.
Cleveland at Kansas City, 7:10 p.m.
L.A. Angels at Tampa Bay, 7:10 p.m.
Toronto at Boston, 7:10 p.m.
Texas at Seattle, 9:10 p.m.

NATIONAL LEAGUE

Yesterday's results
Arizona 3 Cincinnati 1
N.Y. Mets 6 Pittsburgh 2
San Diego at St. Louis
L.A. Dodgers at San Francisco

Wednesday's results
Washington 4 Atlanta 2
Milwaukee 8 Houston 6 (10 ings)
Colorado 9 San Diego 6
Cincinnati 7 Arizona 5
Philadelphia 10 Florida 5
N.Y. Mets 8 Pittsburgh 7
Chicago Cubs 7 St. Louis 3
San Francisco 2 L.A. Dodgers 1

Tonight's games
Arizona (I.Kennedy 9-9) at Pittsburgh (Burres 3-3), 7:05 p.m.
Washington (Marquis 2-8) at Philadelphia (Oswalt 12-13), 7:05 p.m.
Atlanta (Hanson 9-11) at N.Y. Mets (Niese 9-8), 7:10 p.m.
Chicago Cubs (Dempster 13-10) at Florida (Sanabia 4-2), 7:10 p.m.
Cincinnati (Cueto 12-5) at Houston (W.Rodriguez 11-12), 8:05 p.m.
San Diego (Latos 14-6) at St. Louis (Lohse 3-7), 8:15 p.m.
Colorado (Jimenez 18-6) at L.A. Dodgers (Kuroda 10-12), 10:10 p.m.
Milwaukee (Ra.Wolf 11-11) at San Francisco (Bumgarner 5-5), 10:15 p.m.

Tomorrow's games
Atlanta at N.Y. Mets, 4:10 p.m.
Colorado at L.A. Dodgers, 4:10 p.m.
San Diego at St. Louis, 4:10 p.m.
Arizona at Pittsburgh, 7:05 p.m.
Cincinnati at Houston, 7:05 p.m.
Washington at Philadelphia, 7:05 p.m.
Chicago Cubs at Florida, 7:10 p.m.
Milwaukee at San Francisco, 9:05 p.m.

WILD CARD

AMERICAN LEAGUE

	W	L	Pct	GB
NY Yankees	88	58	.603	-
Boston	82	64	.562	6.0
Chi White Sox	79	66	.545	8.5

NATIONAL LEAGUE

	W	L	Pct	GB
Atlanta	83	64	.565	-
San Francisco	82	64	.562	0.5
Colorado	80	66	.548	2.5
St. Louis	74	70	.514	7.5
Florida	73	72	.503	9.0

NATIONAL LEAGUE

D-BACKS 3, REDS 1

Arizona	ab	r	h	bi	Cincinnati	ab	r	h	bi
S.Drew ss	4	0	1	1	Stubbs cf	4	1	1	0
K.Johnsn 2b	4	0	3	1	OCarer ss	4	0	0	0
C.Young cf	4	0	0	0	Votto 1b	4	0	1	0
A.dLRc 1b	4	0	0	0	Gomes lf	4	0	2	1
McRynl 3b	4	0	0	0	Bruce rf	4	0	1	0
Monter c	3	1	0	0	RHrndz c	3	0	0	0
Church lf	3	1	0	0	JFrncs 3b	4	0	1	0
GParra rf	4	1	2	1	Janish 2b	3	0	1	0
RLopez p	2	0	0	0	Volquez p	2	0	1	0
Heilmn p	0	0	0	0	Bray p	0	0	0	0
JGutrrz p	0	0	0	0	Edmnd ph	1	0	0	0
Ondrsk p	0	0	0	0					
Burton p	0	0	0	0					
Totals	**32**	**3**	**6**	**3**	**Totals**		**33**	**1**	**8**	**1**

Arizona	000	030	000	3
Cincinnati	100	000	000	1

DP—Arizona 2. LOB—Arizona 5, Cincinnati 6. 2B—G.Parra (15), Votto (31), Gomes (23). SB—Stubbs (25). S—R.Lopez.

	IP	H	R	ER	BB	SO
Arizona						
R.Lopez W,6-14	7	8	1	1	0	4
Heilman H,10	1	0	0	0	0	1
J.Gutierrez S,10-12	1	0	0	0	0	0
Cincinnati						
Volquez L,3-3	6 2-3	6	3	3	2	7
Bray	1-3	0	0	0	0	1
Ondrusek	1	0	0	0	0	1
Burton	1	0	0	0	0	0

T—2:38. A—22,090 (42,319) at Cincinnati.

CFL

WEEK 12

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	10	7	3	0	313	237	14
Hamilton	10	5	5	0	235	255	10
Toronto	10	5	5	0	220	280	10
Winnipeg	10	3	7	0	278	273	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	10	9	1	0	359	202	18
Saskatchewan	10	6	4	0	278	267	12
B.C.	10	3	7	0	245	260	6
Edmonton	10	2	8	0	187	341	4

Tonight's game
(All times Eastern)
Calgary at Saskatchewan, 9 p.m.

Tomorrow's game
Hamilton at B.C., 10 p.m.

Sunday's games
Winnipeg at Toronto, 1 p.m.
Edmonton at Montreal, 4 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Duval, Mtl	0	29	23	11	109
Maver, Cal	0	40	20	3	103
McCallum, BC	0	21	23	3	93
Congi, Sask	0	27	20	1	88
Shaw, Tor	0	18	19	6	81
DeAngelis, Ham	0	21	18	2	77
Prefontaine, Edm	0	15	16	7	70
Cates, Sask	11	0	0	0	66
x-Green, Mtl	8	4	0	0	52

x - scored two-point convert

NFL

WEEK TWO

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Miami	1	0	0	1.000	15	10
New England	1	0	0	1.000	38	24
Buffalo	0	1	0	.000	10	15
N.Y. Jets	0	1	0	.000	9	10

SOUTH

	W	L	T	Pct	PF	PA
Houston	1	0	0	1.000	34	24
Jacksonville	1	0	0	1.000	24	17
Tennessee	1	0	0	1.000	38	13
Indianapolis	0	1	0	.000	24	34

NORTH

	W	L	T	Pct	PF	PA
Baltimore	1	0	0	1.000	10	9
Pittsburgh	1	0	0	1.000	15	9
Cincinnati	0	1	0	.000	24	38
Cleveland	0	1	0	.000	14	17

WEST

	W	L	T	Pct	PF	PA
Kansas City	1	0	0	1.000	21	14
Denver	0	1	0	.000	17	24
San Diego	0	1	0	.000	14	21
Oakland	0	1	0	.000	13	38

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	1	0	0	1.000	13	7
N.Y. Giants	1	0	0	1.000	31	18
Dallas	0	1	0	.000	7	13
Philadelphia	0	1	0	.000	20	27

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	1	0	0	1.000	14	9
Tampa Bay	1	0	0	1.000	17	14
Atlanta	0	1	0	.000	9	15
Carolina	0	1	0	.000	18	31

NORTH

	W	L	T	Pct	PF	PA
Chicago	1	0	0	1.000	19	14
Green Bay	1	0	0	1.000	27	20
Detroit	0	1	0	.000	14	19
Minnesota	0	1	0	.000	9	14

WEST

	W	L	T	Pct	PF	PA
Arizona	1	0	0	1.000	17	13
Seattle	1	0	0	1.000	31	6
San Francisco	0	1	0	.000	6	31
St. Louis	0	1	0	.000	13	17

Sunday's games
(All times Eastern)
Chicago at Dallas, 1 p.m.
Arizona at Atlanta, 1 p.m.
Buffalo at Green Bay, 1 p.m.
Philadelphia at Detroit, 1 p.m.
Pittsburgh at Tennessee, 1 p.m.
Baltimore at Cincinnati, 1 p.m.
Kansas City at Cleveland, 1 p.m.
Tampa Bay at Carolina, 1 p.m.
Miami at Minnesota, 1 p.m.
Seattle at Denver, 4:05 p.m.
St. Louis at Oakland, 4:05 p.m.
Houston at Washington, 4:15 p.m.
Jacksonville at San Diego, 4:15 p.m.
New England at N.Y. Jets, 4:15 p.m.
N.Y. Giants at Indianapolis, 8:20 p.m.

Monday's game
New Orleans at San Francisco, 8:30 p.m.

BETTING

PRO LINE LOTTERY ODDS

FRIDAY, SEPT. 17

No.	SPT	VIS	HOME	V+	V	T	H	H+	O	#	U
17	FTB	CGY	SASK	2.60	2.00	3.00	2.60	3.20	1.80	55.5	1.60
38	BBL	ARZ	PIT	1.75	1.45	3.00	2.10	2.50	1.90	8.5	1.55
39	BBL	WAS	PHI	4.00	3.25	3.30	1.15	1.25	1.80	8.5	1.60
40	BBL	LAA	TB	2.50	2.10	3.00	1.45	1.75	1.80	8.5	1.60
41	BBH	HUNT	ELON	2.60	2.30	3.20	1.90	2.10	—	—	—
42	BBL	ATL	NYM	1.75	1.45	3.00	2.10	2.50	—	—	—
43	BBL	CHIC	FLA	2.10	1.75	2.75	1.65	2.00	1.90	8.5	1.55
44	BBL	TOR	BOS	2.30	1.90	2.90	1.55	1.85	1.80	9.5	1.60
45	BBL	CIN	HOU	1.85	1.55	2.90	1.90	2.30	—	—	—
46	BBL	DET	CWS	2.20	1.80	2.80	1.60	1.90	1.80	8.5	1.60
47	BBH	MCAB	KONE	2.20	2.00	3.00	2.20	2.40	—	—	—
48	BBL	OAK	MIN	2.20	1.80	2.80	1.60	1.90	1.80	8.5	1.60
49	BBL	SD	STL	1.75	1.45	3.00	2.10	2.50	—	—	—
50	BBH	AGON	PUJO	2.60	2.30	3.20	1.90	2.10	—	—	—
51	BBL	COL	LAD	1.90	1.60	2.80	1.80	2.20	—	—	—
52	BBL	TEX	SEA	2.00	1.65	2.75	1.75	2.10	—	—	—
53	BBL	MIL	SF	2.60	2.20	3.00	1.40	1.70	—	—	—

In the event of any discrepancy between this information and odds available from OLG, the latter shall prevail.

TRANSACTIONS

BASEBALL

MLB

AMERICAN LEAGUE
TEXAS RANGERS—Signed a four-year player development agreement with Round Rock (PCL) through the 2014 season.

NATIONAL LEAGUE
ATLANTA BRAVES—Announced the Myrtle Beach (Carolina) franchise will move to Lynchburg, Va., beginning in 2011 and has agreed on a four-year player development contract with the franchise.
HOUSTON ASTROS—Acquired RHP Enerio Del Rosario from Cincinnati for cash considerations. Designated INF Oswaldo Navarro for assignment.
ST. LOUIS CARDINALS—Promoted John Vuch to farm director and Michael Elias to manager of amateur scouting.

BASKETBALL

NBA

ORLANDO MAGIC—Signed F Malik Allen.
TORONTO RAPTORS—Signed F Ronald Dupree.

HOCKEY

NHL

CHICAGO BLACKHAWKS—Signed coach Joel Quenneville to a contract extension through the 2013-14 season.
VANCOUVER CANUCKS—Signed C Brendan Morrison to a professional tryout contract.

GOLF

NATIONWIDE BOISE OPEN

At Boise, Idaho
Par 71
First Round

Cliff Kresge	33-30—63
Barrett Jarosch	**33-31—64**
Won Joon Lee	32-33—65
Ted Purdy	32-33—65
Gavin Coles	33-32—65
Todd Fischer	33-32—65
Peter Tomasulo	32-33—65
Martin Piller	34-31—65
Jamie Lovemark	35-31—66
Ewan Porter	37-29—66
Frank Lickliter II	32-34—66
James Hahn	32-34—66
Keegan Bradley	32-34—66
Marc Turnesa	33-33—66
Kyle Stanley	33-33—66
Travis Bertoni	33-33—66
Michael Putnam	31-35—66
Kyle Thompson	36-30—66
Rich Barcelo	33-33—66
J.J. Killeen	34-32—66
Also	
David Hearn	**34-33—67**
Ted Brown	**35-37—72**
Graham DeLaet	**36-38—74**
Jon Mills	**37-37—74**
Chris Baryla	**38-38—76**

CYCLING

SPANISH VUELTA

At Salamanca, Spain
Stage 18th

1. Mark Cavendish, Britain, Team HTC-Columbia, 3 hours, 27 minutes, 11 seconds.; 2. Juan Jose Haedo, Argentina, Saxo Bank, same time. 3. Manuel Cardoso, Portugal, Footon-Servetto, same time.; 4. Tyler Farrar, U.S., Garmin-Slipstream, same time.; 5. Samuel Dumoulin, France, Cofidis, same time.

Overall Standings

1. Vincenzo Nibali, Italy, Liquigas-Doimo, 74 hours, 47 minutes, 6 seconds.; 2. Ezequiel Mosquera, Spain, Xacobeo Galicia, 38 seconds behind.; 3. Peter Velits, Slovakia, HTC-Columbia, 1:59.; 4. Frank Schleck, Luxembourg, Team Saxo Bank, 3:43.; 5. Joaquin Rodriguez, Spain, Team Katusha, 3:48.; 6. Xavier Tondo, Spain, Cervelo, 3:48.; 7. Thomas Danielson, U.S., Garmin-Slipstream, 3:58. 8. Nicholas Roche, Ireland, AG2R La Mondiale, 4:02. 9. Carlos Sastre, Spain, Cervelo, 4:16.; 10. Luis Leon Sanchez, Spain, Caisse d'Epargne, 5:42.

TENNIS

WTA TOUR CHALLENGE BELL

At Quebec City
Singles
Second Round
Tamira Paszek, Austria, def. Jill Craybas, U.S., 6-3, 6-2.
Sofia Arvidsson (8), Sweden, def. Mirjana Lucic, Croatia, 5-7, 6-4, 6-2.
Christina McHale, United States, def. **Valerie Tetreault, Saint-Jean-sur-Richilieu, Que.,** 6-4, 6-3.
Alexa Glatch, United States, def. **Stephanie Dubois, Laval, Que.** 7-5, 6-2.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	24	13	6	5	33	23	44
New York	24	12	8	4	30	25	40
Toronto FC	24	7	10	7	22	27	28
Kansas City	22	7	9	6	22	24	27
Chicago	22	6	8	8	28	30	26
New England	23	7	13	3	24	38	24
Philadelphia	24	6	12	6	27	39	24
D.C.	24	5	16	3	16	37	18

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	24	14	5	5	36	18	47
Real Salt Lake	24	12	4	8	37	16	44
FC Dallas	23	10	2	11	29	17	41
San Jose	23	10	7	6	25	23	36
Colorado	23	9	7	7	29	24	34
Seattle	24	9	9	6	26	29	33
Chivas USA	23	7	12	4	25	29	25
Houston	23	6	12	5	28	38	23

Last night's result
New York at FC Dallas

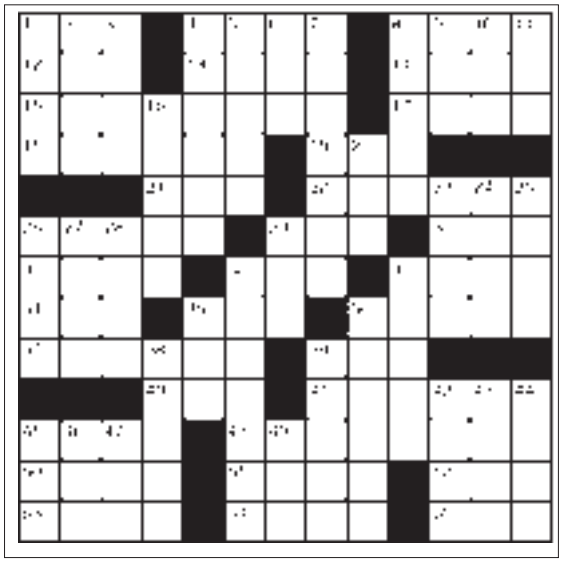
Tomorrow's games
(All times Eastern)
Chicago at Real Salt Lake, 4 p.m.
Seattle at Columbus, 7:30 p.m.
Toronto FC at Houston, 8:30 p.m.
New England at Colorado, 9 p.m.
D.C. United at Los Angeles, 10:30 p.m.

EUROPA LEAGUE

Yesterday's results
First Round
Group A
Juventus (Italy) 3, Lech Poznan (Poland) 3
Red Bull Salzburg (Austria) 0, Manchester City (England) 2
Group B
Aris (Greece) 1, Atletico Madrid (Spain) 0
Bayer Leverkusen (Germany) 4, Rosenborg (Norway) 0
Group C
Levski Sofia (Bulgaria) 3, Ghent (Belgium) 2
Lille (France) 1, Sporting Lisbon (Portugal) 2
Group D
FC Brugge (Belgium) 1, PAOK (Greece) 1
Dinamo Zagreb (Croatia) 2, Villarreal (Spain) 0
Group E
AZ Alkmaar (Netherlands) 2, Sheriff (Moldova) 1
Dynamo Kiev (Ukraine) 2, BATE Borisov (Belarus) 2
Group F
Lausanne Sports (Switzerland) 0, CSKA Moscow (Russia) 3
Sparta Prague (Czech Republic) 3, Palermo (Italy) 2
Group G
AEK Athens (Greece) 3, Hajduk Split (Croatia) 1
Anderlecht (Belgium) 1, Zenit St. Petersburg (Russia) 3
Group H
Getafe (Spain) 2, OB Odense (Denmark) 1
Stuttgart (Germany) 3, Young Boys (Switzerland) 0
Group I
Debreceni (Hungary) 0, Metalist Kharkiv (Ukraine) 5
PSV Eindhoven (Netherlands) 1, Sampdoria (Italy) 1
Group J
Karpaty Lviv (Ukraine) 3, Borussia Dortmund (Germany) 4
Sevilla (Spain) 0, Paris Saint-Germain (France) 1
Group K
Liverpool (England) 4, Steaua Bucharest (Romania) 1
Napoli (Italy) 0, FC Utrecht (Netherlands) 0
Group L
Besiktas (Turkey) 1, CSKA Sofia (Bulgaria) 0
FC Porto (Portugal) 3, Rapid Vienna (Austria) 0

NOT JUST A CLUB,
IT'S THE CLUB.
JOIN CLUB METRO TODAY! CLUBMETRO.COM
club metro

Crossword



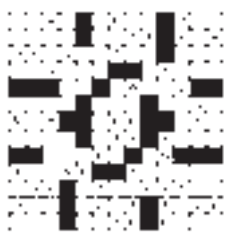
Across

1 Cruise or Hanks
4 Cabbage salad
8 MRI predecessor
12 "Exodus" hero
13 Estate recipient
14 Bygone times
15 Slender stogie
17 Dregs
18 Panacea
19 "Ulalume" writer
21 Unfriendly
22 Anderson of "Baywatch"
26 Furtive sort
29 Dict. explanation
30 Central
31 Survey
32 Knight's title
33 Fourth dimension
34 Census datum
35 $ dispenser
36 The fifth element
37 Work of fiction, south of the border
39 Agt.
40 Pitch
41 Female warrior
45 Platter
48 Horn made famous at the 2010 World Cup
50 Shaving cream additive
51 — out (supplements)
52 Atmosphere
53 Indistinct view
54 Take out of context?
55 Actress Myrna

Down

1 Recording
2 Spoken
3 Mary Quant creation
4 Comic bit
5 Suspicious
6 Have a bug
7 Candy eater's discard
8 Woody tissue
9 Shad product
10 Exist
11 "Of course"
16 The A in "CAT scan"
20 Klutzy one
23 Eastern bigwig
24 Wheels of fortune?
25 Mideast gulf
26 Bridge
27 "Forget it"
28 Ht.
29 Badly lit
32 Famished
33 November birthstone
35 Chicken-king link
36 Baffle
38 Bygone anesthetic
39 "Bolero" composer
42 Ardor
43 Hodgepodge
44 — a soul (nobody)
45 Slight application
46 Under the weather
47 Old French coin
49 Guitar's cousin

▶ Yesterday's answer



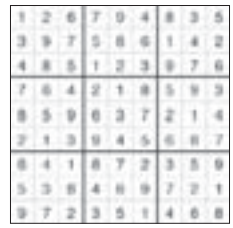
Sudoku

					1	9		8
8	5		9	7				2
	3							
6		9			4	3		
2								9
		3	1			7		4
							8	
1				9	6		7	5
7		6	4					

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶



Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To my banana muffin, you are the reason why I smile everyday. Thank you for all that you do and all that you are. I love you so much and I'm so thankful to get to spend the rest of my life with you. You complete me. **LOVE E**

Mr. Exec, you have made me happier than I thought possible in the past month. You really are my knight in shining armour on a silver horse. Thanks for helping me believe in fairy tales again. **LOVE, CINDERELLA XOXO**

B, Coming home to you and the guys is the best part of my day, everyday. I love you now more than ever and never want to be without you in my life. You're awesome. **G**

Baby, you're perfect. You are my best friend, hubby and soulmate. I love you bubba! Muah! **XOXO**

Today 18°/7° Partly cloudy
Saturday 19°/9° Partly cloudy
PROUD TO BE ONE OF CANADA'S 50 BEST MANAGED COMPANIES
©The Weather Network 2010

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 No matter how go-getting an Aries you may be you cannot do it all on your own and that fact will be hammered home by what happens today.

♉ Taurus April 21-May 21 As both the Sun and Mercury are transiting the most confident area of your chart you may be tempted to think you can do as you please. Indeed you can, but that does not mean you will get away with it.

♊ Gemini May 22-June 21 By all means have fun today but don't neglect the needs of other people. On the home front you need to communicate more with those you love.

♋ Cancer June 22-July 22 You seem a bit crabby at the moment, no doubt because you feel that people who should be supporting you are not doing as much as they should.

♌ Leo July 23-Aug.23 Don't get caught up in the latest craze just because your friends and family think it's the next big thing. Like most crazes it will most likely come to nothing in the long-term.

♍ Virgo Aug. 24- Sept. 22 Now that Mercury, your ruling planet, is sparkling in your favour again you will see with the kind of clarity that others find scary, especially when they have something to hide.

♎ Libra Sept. 23-Oct. 23 Hidden fears are coming to the surface and if you don't keep a grip on your imagination you may start believing that the world is against you.

♏ Scorpio Oct. 24-Nov. 22 Spend some time alone today and get your thoughts in order. There may be lots of interesting distractions around you but none of them are worth your time and effort.

♐ Sagittarius Nov. 23-Dec. 21 Even Sagittarians have moments when they wonder if they have what it takes, and you'll have at least one such moment today. The cure for doubt is action, so throw yourself into your work. The results will amaze and delight you.

♑ Capricorn Dec. 22-Jan. 20 Better times are coming. In fact they are already here, you've been missing them because you've been focused on the opportunities you wasted rather than the opportunities that are in front of you right now.

♒ Aquarius Jan. 21-Feb. 18 Money matters are central at the moment and even if you are one of those Aquarians who care little for possessions, you must make sure you are getting what you deserve.

♓ Pisces Feb. 19-March 20 A little bit of kindness and understanding on your part will go a long way toward healing a rift that has been growing wider in recent weeks.

SALLY BROMPTON

Caption contest

PATRICK B. KRAEMER/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

CHRIS O'MEARA/THE ASSOCIATED PRESS

ADMITTING YOU WANT TO WIN PRIZES & GET GREAT DISCOUNTS IS THE FIRST STEP.
JOIN CLUB METRO TODAY!
CLUBMETRO.COM

Over 150 Discount Outlets... 110 One Hour In-Store Labs
For nearest location call: 1-877-524-2020 • www.hakimoptical.ca

FLIGHT CENTRE Unbeatable
Niagara Falls Weekend Getaway
3 Nights
$189
Ramada Niagara Falls
taxes & fees included
INCLUDES accom close to attractions.
ADD Niagara Falls day tour for $136. Travel Oct 21-24/ggv.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. Hotel only price is per person based on double occupancy for total length of stay. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include HST and are approximate and subject to change. ggv=gogo. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 TICO

Introducing FaceTime video calling. Smile.

iPhone 4 | Bell

© 2010 Apple Inc. All rights reserved. 1-800-MY-APPLE or www.apple.com. Wireless service plan required. FaceTime requires iPhone 4 and Wi-Fi.